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ABSTRACT

This catalog is intended for potential program providers and individuals interested in the design and prevalence of parent sexuality education programs in the United States. Information offered on 90 programs includes: (1) sponsor; (2) name of program; (3) contact person, address, telephone number; (4) recruitment strategies; (5) problems encountered; (6) types of materials and resources used; (7) materials developed; (8) funding sources; and (9) evaluation methods. Comments offered by the contact person are included. (JD)

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January 1982

TEACHING PARENTS TO BE THE PRIMARY
SEXUALITY EDUCATORS OF THEIR CHILDREN

Volume V:

National Catalog of Programs - 1981

For the:

U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Centers for Disease Control
Center for Health Promotion and Education
Atlanta, Georgia 30333

By:

Judith S. Alter, Ph.D.
Pamela Wilson, M.S.W.
Ann Thompson Cook, M.A., Editor

Mathtech, Inc.
4630 Montgomery Avenue
Suite 300
Bethesda, Maryland 20814

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Fresno: Planned Parenthood of Fresno, California

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Monterey: Planned Parenthood of Monterey County

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Sacramento: Planned Parenthood Association of Sacramento

San Diego: San Diego State University, School of Family Studies and

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New York: Blue Cross Blue Shield of Greater New York
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Syracuse: Community Sex Education Center

NORTH CAROLINA

Raleigh: The Fleming Center

OHIO

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Appendix: Program and Participant Characteristics

ACKNOWLEDGMENTS

Many people worked diligently to identify and review sexuality education programs and to compile this program catalog. Sol Gordon, Carol Cassell, and Peter Scales told us about the many programs with which they were familiar. Mathtech staff -- Karen Allan, Jan Celeste, Nancie Connolly, Katherine Douglass, Carrie Scannell, and Karen Schifter -- spent many hours writing to and telephoning programs, then organizing and typing the information.

All of the programs described in the following pages sent us information about their own and other programs; they reviewed the initial program descriptions and sent more comments and additions. Then, after we sent copies of the entire program catalog draft to each program listed, many program directors sent additional material to correct or amplify their entries. We appreciate the cooperation and thoroughness of all these people in making this catalog possible.

Walter J. Gunn, Ph.D., Director, Research and Evaluation Activity Center for Health Promotion and Education, Centers for Disease Control, Atlanta, Georgia, originally conceived the need for government involvement. He developed the approach, initiated the contract, monitored progress, provided technical assistance, guidance, administration, and support.

INTRODUCTION

Teenage sexual activity has received increasing attention of late because of the enormous personal, social, and economic problems associated with it. One in 10 adolescent women has had at least one pregnancy by age 17. Pregnant adolescents and their offspring face greater health risks than do their peers. Teenage mothers are more likely to receive and to continue receiving public assistance than are their peers. Teenagers are receiving abortions and contracting sexually transmitted diseases at alarmingly high rates.

Parents are as alarmed by these trends as anyone. They believe, as do many experts, that parents and families exert great influence on the developing sexuality of their children and that they should do so. At the same time, many parents feel unprepared for that responsibility. Thus, many parents in every region of the country are attending training programs to help them become more effective sexuality educators of their children.

When the Centers for Disease Control funded Mathtech, Inc. to develop a model program for parents, we began the project by locating programs that had already been implemented. As we did so, we discovered that many program organizers had recognized the great need parents were feeling, but were not necessarily in contact with others who were attempting similar educational programs with similar parent groups. These program organizers developed their programs without benefit of others' experiences.

We compiled this catalog, then, for two reasons: 1) to provide an overview of the current range of approaches to parent sex education; and 2) to provide a resource for those who wish to offer programs to find out who else -- in the same geographical area or with a similar philosophy or goals -- has already had experience offering sexuality education to parents.

Inclusion of programs in this catalog, however, does not suggest that we endorse or recommend a particular program, approach, teaching style, or sponsor.

This catalog describes 90 of the programs we contacted including programs in more than half of the States in the United States. These programs reflect a wide range of philosophies; they vary in structure and style; and they reach groups of parents throughout the urban, rural, and suburban United States from many racial, socioeconomic, religious, and educational backgrounds. To the extent possible, the catalog offers the following information about each program in the program offerors' own words:

- sponsor
- name of program
- contact person
- address
- telephone number
- goals
- basic format of the program

- contents
- teacher/staff
- target population
- recruitment strategies
- problems encountered
- types of materials and resources used
- materials developed
- funding source
- evaluation methods
- additional comments by the contact person

Since we have described in Volume I our major findings from the review of programs, we provide only a brief overview here. Most programs had an overall goal of helping parents become "effective," "primary," or "accessible" sexuality educators of their children. A number of programs expressed the hope that parents' greater effectiveness would ultimately reduce unwanted adolescent pregnancies and sexually transmitted disease and decrease the need for abortions. A few programs identified additional goals of preventing pathology, nurturing family life, and improving interpersonal relationships.

Program offerors expected to achieve these goals by increasing parents' factual knowledge and developing their communication skills. Some also hoped to identify, examine, and clarify values; to familiarize parents with resource materials, agencies, and educational services; and to increase parents' comfort with and ability to talk about sexuality issues. A few programs hoped to enhance parents' relationship with their partners and to facilitate a better understanding of their own sexuality.

Some unique programs trained parents as "peer consultants," trained educators as parent sexuality education teachers, and worked with parents of the disabled and parents of the hearing impaired. A few programs taught parents and their children together.

The programs described in this volume vary greatly in quality and replicability. Some have been discontinued because the program organizer changed jobs, some because of budgetary constraints. Some who offer programs requested to be omitted from the catalog to avoid public exposure. This catalog, then, is neither exhaustive nor absolutely correct. We have made no attempt to verify the program descriptions. Again, the views or approaches used by these programs do not necessarily represent those of Mathtech, Inc. or of the Centers for Disease Control. Inclusion of programs in this catalog does not suggest our endorsement.

SPONSOR: TUSKEGEE AREA HEALTH EDUCATION CENTER, INC.

Name of Program: Parent Sex Education Facilitator

Address: Tuskegee Area Health Education Center, Inc.
Building #9
Veterans Administration Medical Center
Tuskegee, Alabama 36083

Telephone: (205) 727-0550, ext. 440

Goals: To assist parents in increasing parent-child communication about sexuality and to prepare parents to be the primary sex educators of their children.

Basic Format of the Program: One 2-hour evening presentation.

Contents: Introduction and purpose; the film "Parents Talk To Child About Sex"; discussion "Are You An Askable Parent?"; talk by local community leaders about their role in sex education; community resources for parents and children; the family physician, the minister, the public health nurse, the VD consultant; questions and answers, summary, and remarks.

Teacher/Staff: Mrs. Nellis Sawyer, Title I Parent Coordinator, Macon County Board of Education; Dr. Elmer Taylor, Physician, V.A. Hospital; Mike Johnson, Coordinator, Maternal and Infant Program, Alabama Department of Public Health; Dr. Johnson Lightfoot, Family Physician, John A. Andrew Medical Center; Reverend Raymond Harvey, Pastor, Greenwood Missionary Baptist Church; Linda Tisdale, R.N., Public Health, Macon County Health Department; Maxi Fleming, Public Health Representative II, Macon County Health Department; and Frankie Lunsford, Coordinator, Macon County Day Care Programs.

Target Population: Parents in Macon County, Alabama.

Recruitment Strategies: Programs have been geared to community parent groups such as the PTA, Title I Parent Groups, and Follow-through Parent Groups.

Problems Encountered: The programs were successful in getting parents to understand their roles as sex educators of their children. Nevertheless, many of the parents still harbored myths, untruths, and fears concerning human sexuality. Recognizing these obstacles to providing education, the Center has planned a second phase to the program. This second phase would include training in anatomy and physiology, communication, and counseling. The anatomy and physiology courses will emphasize the correct identification, terminology, and problems of the reproductive system. Myths and untruths will be explored and discussed. In addition, special programs for parents interested in developing communication and/or counseling skills will be designed. These courses will emphasize parent/child communication, listening, and understanding.

Types of Materials and Resources Used: News articles and pamphlets describing the program have been distributed. The film "Parents Talk to a Child About Sex" is used in the presentation.

Funding Source: Tuskegee Area Health Education Center, Inc.

Additional Comments of Contact Person: A special Parent/Youth Human Sexual Experience is already being implemented in one of the target counties.

SPONSOR: YOUTH SERVICE BUREAU OF MARICOPA COUNTY, INC.

Name of Program: Understanding Sexuality

Contact Person: Hila Jo Hawk

Address: 1201 West Madison
Phoenix, Arizona 85007

Telephone: (602) 263-0454

Goals: "Understanding Sexuality" is one of nine components of "OPTSI-Options for Personal Transition Survival" which is designed to strengthen the family unit by exploring problem areas. Specifically, "Understanding Sexuality" works with parents and children together to help students cope with the physical and psychological changes and issues they experience during maturation; to equip parents to be the primary sex educators of their children.

Basic Format of the Program: Six 1.5-hour seminars.

Contents: The program covers attitude toward sexuality, sex roles, anatomy, reproductive physiology, relationships, decision making, and values clarification. The program uses films, exercises, and discussions.

Teacher/Staff: The staff for OPTS is trained in a 5-day seminar by Hila Jo Hawk, author of the OPT curriculum and Theron Weldy, a therapist in private practice.

Target Population: The program is offered to students in the 4th through 8th grades; students must be accompanied by a parent.

Types of Materials and Resources Used: The films "Human and Animal Beginnings," "Masculine/Feminine: Your Role in Society," "The Family Talks About Sex," "Then One Year," "Understanding Human Reproduction," and "V.D., the Attack Plan."

Materials Developed: Exercises such as term sheets and questionnaires.

Funding Source: Parents are asked to donate \$1.00 toward the cost of the handouts. The program is funded by the Arizona Government Community Service Department.

Evaluation Methods: Both parents and children are asked to complete subjective evaluations at the conclusion of the program.

SPONSOR: SALLY WARRICK

Name of Program: Sex Education at Home

Contact Person: Sally Warrick, Program Director

Address: 1242 W. Lincoln Avenue
Anaheim, California 92805

Telephone: (714) 956-4630

Goals: To raise community awareness of the importance of positive parent-child communication about sexuality. Open communication should provide a basis for the prevention of unwanted pregnancies and abortions.

Basic Format of the Program: Workshop for parents and children.

Contents: A new look at the basic facts of life; exploration of personal values and attitudes; learning exercises to increase comfortable and honest communication between parent and child; familiarization with recommended books, pamphlets, and resource agencies.

Target Population: Parents of Orange County, California.

Types of Materials and Resources Used: List of publications, pamphlets, and resource agencies.

Materials Developed: Fliers describing problems of unplanned teenage pregnancies, venereal disease, and psychological difficulties with sex; sentence completion exercise (for parents); values questionnaire; and sexual rating.

SPONSOR: PERALTA YEAR-ROUND SCHOOL, OAKLAND UNIFIED SCHOOL DISTRICT

Name of Program: Parents as Sex Educators

Contact Person: Dr. Lucy Scott

Address: 451 Vermont
Berkeley, California 94707

Telephone: (415) 525-1586

Goals: To inform and aid parents in developing more effective skills as sex educators of their children. Parents will be able to describe their role as sex educators; to demonstrate ability to communicate about sex to their own children; to identify and evaluate sexual behavior in their children; to develop techniques for handling special problems and concerns; and to discuss the ages and stages of sexual development of children.

Basic Format of the Program: Eighteen class hours for one college credit (four Thursday-evening sessions and one all-day Saturday session in the middle) for about 15-20 parents. We use mini-lectures, films, small groups, handouts, and participation.

Contents: Role of parents as sex educators; stages of development; identifying and evaluating sexual behavior in children; clarifying parent attitudes and expectations; facts of life re-examined: beyond the birds and bees; communication skills; and handling special problems.

Teacher/Staff: Dr. Scott, a Ph.D. psychologist with specialty in sex education and therapy, is AASECT-certified and has 14 years' experience.

Target Population: 1) Parents of children K-6; and 2) open registration for anyone who wants to elect course through Vista college.

Recruitment Strategies: College catalog, leaflets, Oakland Public School publicity through papers, and public service announcements on the radio.

Problems Encountered: 1) Learning how to focus quickly in the sessions; 2) the need to give parents more specific information on content than they had anticipated; 3) the variety of attitudes, values, and educational backgrounds of parent participants; and 4) the over-representation of women.

Types of Materials and Resources Used: Handouts; the films "Family Talks About Sex," "Am I Normal?," "Dear Diary," and "Old Enough to Know"; and Calderone and Johnson's The Family Book About Sexuality. In addition, each participant must buy or take out a book for their children, use it, and report on it in class.

Materials Developed: Handouts.

Funding Source: Vista College pays instructor. Peralta provides space. Registration is free.

Evaluation Methods: Very objective; will use self-report and Likert scale on how expectations were met based on the objectives.

SPONSOR: SEMINARS ON SEXUALITY, INC.

Name of Program: Seminars on Sexuality

Contact Person: Kay Coulson, Associate Director

Address: Seminars on Sexuality, Inc.
8845 West Olympic Boulevard, Suite 100
Beverly Hills, California 90211

Telephone: (213) 659-3487

Goals: To provide accurate sex information through education, not therapy.

Basic Format of the Program: Six weekly 3-hour sessions; 2-hour sessions for the teens.

Contents: Parents become better educated about their own sexuality through the classes which increases their comfort level and ability to handle their children's questions about sexuality.

Teacher/Staff: Sharon Goldsmith, RN, MS and R. Cookie Cohen, RN, MN, FPNP, both AASECT-certified sex educators; Barbara Kass-Annese, RN, BS, FPNP; Associate Director Kay Coulson, RN, BA.

Target Population: Women, couples, teens.

Recruitment Strategies: Professional mailings, free introductory seminars, word-of-mouth, professional referrals.

Problems Encountered: Resistance to taking a sex education class as an adult; reluctance to admit needing more information.

Types of Materials and Resources Used: Seminars on Sexuality Playbook, slides, films, For Yourself, Male Sexuality, Our Bodies, Ourselves, The Birds, The Bees, and ... the Real Story.

Funding Source: Fees charged.

Evaluation Methods: Self-evaluation tools, subjective evaluation of course on form provided by sponsor.

Additional Comments of Contact Person: In addition to enhancing the parents' ability as sex educators for their children, the individual classes have the following benefits.

Women: Builds self-confidence, helps a woman assert herself appropriately in male-female relationship, helps her develop more honest relationships with all people and teaches her about important sexual health-care issues.

Couples: Increases the ability of a couple to communicate sexually, removes the roadblocks and discomfort that exist in male-female relationships, strengthens the bond of a good relationship.

Teens: Gives accurate information, a safe place to ask questions and share views, permission to say no, respect for themselves and their bodies, health-care information.

SPONSOR: MATHTECH, INC. AND THRESHOLD

Name of Program: Parents and Teens: Exploring Sexuality Together

Contact Person: Margaret Fjelstad or Gregory Putzka

Address: 7241 Circlet Way
Citrus Heights, California 95610

Telephone: (916) 723-5928

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents and their children understand some of their own sexual attitudes; to help both parents and their children realize that they can in fact discuss sexuality together; to provide participants with a basic understanding of physical, emotional, and social development during childhood; to provide the important facts on topics in human sexuality; to help participants explore sexuality issues within the family and methods of handling them; to help participants explore their sexual values; to teach families basic communication skills necessary for discussing sexuality; and to provide participants with basic sexual terminology.

Basic Format of the Program: Participants were offered a three-session, 12-hour course. A mixture of presentations, exercises, discussions, and films are employed. Exercises are conducted with the group together, with parents and adolescents in separate groups, and with males and females in separate groups.

Contents: Parents and children discuss how they learned about sex and how their values compare with the current sexual milieu in America. Teenagers explore the sexual milieu that existed when their parents were adolescents. Participants explore their feelings about sexuality. Participants are taught about puberty, reproduction, developmental sex differences, common myths, normal body variations, masturbation, fantasy, contraception, and the probability of becoming pregnant. Participants discuss and ask questions about issues at home such as sex on television and overt sexual behavior. Participants discuss their attitudes about sex roles, acceptable sexual behavior at different ages, contraception, abortion, and the sexuality of children. Parents discuss ways of imparting their values to their children and children explore ways of discussing values with their parents. Participants learn and practice listening and problem-solving techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed. Adolescents work on asking questions which they find embarrassing. Participants learn important technical sexual terminology.

Teacher/Staff: Margaret Fjelstad, Ph.D. and Gregory Putzka, M.A.

Target Population: Sacramento parents and their junior high school children.

Recruitment Strategies: Established relationships with various churches; church congregants helped recruit families.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. IV: Curriculum Guide to Courses for Parents and Adolescents Together. (Alter, J. and P. Wilson, 1982).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. IV: Curriculum Guide to Courses for Parents and Adolescents Together. (Alter, J. and P. Wilson, 1982).

Funding Source: Mathtech, Inc.

Evaluation Methods: Course Evaluation, Attitude, Communication Skills and Knowledge Questionnaires. Pre/posttest audiotapes of parent-child communications.

SPONSOR: PLANNED PARENTHOOD OF FRESNO, CALIFORNIA

Name of Program: Young and Female (for girls)
Growing Up Male (for boys)

Contact Person: Lorri Foster, Education Director

Address: 633 N. Van Ness
Fresno, California 93728

Telephone: (209) 486-2411

Goals: To educate young people about the changes that are or will be taking place in their bodies as they mature; to encourage discussion between parents and their children about sexuality and sexual values.

Basic Format of the Program: These classes are usually held on Saturday mornings from 9-12 a.m. with parents and children attending together. The programs are organized in a lecture format, interspersed with some brief activities involving the parents and their children. Each 3-hour program is an entity in itself, although some consideration is being given to the idea of "follow-up" classes for those parents who have expressed an interest. The programs are usually offered every 2 or 3 months.

Contents: Through the use of lecture, films, drawings, and discussion activities, these classes convey the value of parent-child communication, changes during puberty, reproduction, the female menstrual cycle, pregnancy, and birth.

Teacher/Staff: Community educators and outreach workers.

Target Population: Boys and girls, aged 9-13, and their parents.

Recruitment Strategies: Public service announcements on local TV and radio stations; announcements in the "Community Calendar" of the local newspaper; fliers distributed by local health agencies; word-of-mouth; and direct promotion to PTA and other parent groups.

Problems Encountered: None. The public response has been very positive.

Types of Materials and Resources Used: Handouts: a Planned Parenthood brochure, "Family Sex Education," bibliography from the local library, a list of "Suggestions for Approaching Sex Education," and a brochure from Planned Parenthood of Syracuse, New York, entitled "Sex Education at Home." Films: "Human Growth and Development III," "Am I Normal?" and "Dear Diary."

Materials Developed: 1) Life-size cloth body outlines and attachable reproductive organs made of felt and velcro. (Patterns, instructions, and material samples available for purchase, \$10.) 2) Program curriculum outline and publicity packet. (Available for purchase at cost, \$3.00.)

Funding Source: State Office of Family Planning, HHS, private donations, and fees.

Evaluation Methods: We have developed two evaluation tools, one for the parents and one for the children. Basically, these are for self-evaluation by the participants, but they also allow for evaluation of the program.

Additional Comments of Contact Person: When offered through local PTA or church groups, sometimes a third program is also included. "Am I An Askable Parent?" is designed for parents only and deals with some of the problems/issues involved in discussion of sexuality with children of all ages.

SPONSOR: DIOCESE OF ORANGE, CHRISTIAN FAMILY LIFE EDUCATION PROGRAM, DEPARTMENT OF CATHOLIC EDUCATION

Name of Program: Sexuality in the Christian Family

Contact Person: Dr. and Mrs. Paul Selecky

Address: 7202 Bluesails Road
Huntington Beach, California 92647

Telephone: (714) 847-0135

Goals: To convey Christian attitudes in the teaching of sexuality to children; to raise consciousness regarding Christian living; to give people an awareness of the sacramental nature of marriage and the power of the Holy Spirit in marriage and child-rearing; to provide a situation in which people can evaluate own values, attitudes, and stage of moral development; to provide referral sources for those with special problems; to help others improve couple and family communication; to cultivate a respect and reverence for life; and to reflect back to parents an appreciation of their efforts at parenting and working on their marriages.

Basic Format of the Program: Four weekly 2-hour sessions.

Contents: 1) The pre-schooler, the pre-adolescent, menstruation, wet dreams, and guidelines for sex education; 2) the world of the adolescent, masturbation, conscience development; and communication techniques; 3) Values, homosexuality, and pre-marital sex; 4) Adult conscience, birth control, abortion, and question-and-answer time.

Teacher/Staff: Teaching teams: Annette and Ernie Unten; John and Judy Beil; Roby and Lowrie Gallagher; and Dick and Faye Millenbuger.

Recruitment Strategies: Handout to school children, church bulletin, teaching teams talk to parent groups.

Problems Encountered: None so far.

Types of Materials and Resources Used: Many handouts each night, including outline. Abortion film from Right to Life.

Materials Developed: Lectures, books, and films.

Funding Source: Each parish provides its own funds.

Evaluation Methods: Parents evaluate each 4-week session.

SPONSOR: PLANNED PARENTHOOD OF MONTEREY COUNTY

Name of Program: Parents as Sex Educators

Contact Person: Education Department

Address: Planned Parenthood of Monterey County
5 Via Joaquin
Monterey, California 93940

Telephone: (408) 373-1691

Goals: To provide a learning situation where parents can share concerns and experiences with each other and strengthen and improve their roles as the primary sex educators for their children.

Basic Format of the Program: One workshop for parents of any aged child, consisting of two 2.25-hour sessions.

Contents: Discussion of the importance of sex education for children; reinforcing the role of parents as sex educators; discussion of myths and misconceptions about sex education; development of parent communication skills; development of guidelines for answering children's questions about sex.

Target Population: Parents with children of any age.

Recruitment Strategies: Pre-established parent groups. We encourage both parents to attend whenever possible.

Types of Materials and Resources Used: Information sheets, situation questionnaires, and a bibliography of books for parents on sex education. Depending on the age of parents' children, we use the films "Human Growth Development III," "Dear Diary," and "Am I Normal?"

Materials Developed: Three resource handouts: "Being Askable," "Children as Sexual Beings," and "What Children Should Know." The program has also been translated into Spanish.

Funding Source: Grant from the California State Office of Family Planning.

Evaluation Methods: An objective and subjective evaluation tool is given to parents at the completion of the workshop; a research study on the effects of the program is currently being implemented.

SPONSOR: GWENDA WATSON

Name of Program: Starting a Healthy Family

Contact Person: Gwenda Watson

Address: 2401 Buckeye
Newport Beach, California 92660

Telephone: (714) 644-2994

Goals: To expand responsible childbearing.

Basic Format of the Program: Four 2.5-hour workshop-style sessions consisting of factual presentations and group discussion.

Contents: Sexuality, myths, contraception, and decision-making.

Teacher/Staff: Health teachers and parents trained to present sex education workshops.

Target Population: Parents of children of pre-kindergarten through high school ages.

Recruitment Strategies: Brochures are mailed to community groups such as the PTA and Parent-Faculty Organizations.

Problems Encountered: The political climate is not conducive to sex education programs.

Funding Source: The March of Dimes and the Kellogg Foundation.

SPONSOR: PLANNED PARENTHOOD ASSOCIATION OF SACRAMENTO

Name of Program: Are You An Askable Parent?

Contact Person: Carol Nyman

Address: Planned Parenthood Association of Sacramento
1507 21st Street
Suite 100
Sacramento, California 95814

Telephone: (916) 446-6765

Goals: To help parents take on their role as primary sex educators of their child. This includes helping parents answer their children's questions about sexuality, helping parents convey their feelings and values to their children, and providing parents with accurate information on growth and development and positive ways of communicating with their child.

Basic Format of the Program: The basic program is in four sessions although shortened versions from one to three sessions are available to fit within a group's framework of time. This year the program will be expanded to include family programs for parents and children together.

Contents: Anatomy and physiology: especially changes at puberty and human reproduction; attitudes: especially feelings, identification of personal values, translation of values into expectations and rules, and self-esteem; presentations and practice dealing with family communication, active listening, children's questions about sexuality, and situations that can arise; available community and written resources.

Teacher/Staff: Carol Nyman coordinates the program. She and other Planned Parenthood staff conduct programs as well as training. Peer Parent Volunteers also present programs.

Target Population: An effort is made to recruit both fathers and mothers. Participation is not limited according to age of children.

Materials Developed: A Leaders Guide with detailed instructions has been developed for the 4-week program. It includes the use of lecturettes, films, exercises, and discussions in the areas of family communication; transmitting family values and factual information about reproduction, anatomy, and physiology; and answering children's questions.

Funding Source: Grant from the California State Department of Family Planning and Planned Parenthood.

Evaluation Methods: A pre/posttest attitude and behavior questionnaire is distributed to participants in the 4-week course. In the sessions which meet only once, a more informal evaluation is used to assess how comfortable parents felt talking to their children about sex before and after the course.

SPONSOR: SAN DIEGO STATE UNIVERSITY, SCHOOL OF FAMILY STUDIES AND CONSUMER SCIENCES

Name of Program: Talking to Young Children About Sexuality

Contact Person: Dr. Sally A. Koblinsky, Director
Early Childhood Sex Education Project

Address: Family Studies and Consumer Sciences
San Diego State University
San Diego, California 92182-0282

Telephone: (714) 265-5290 or (714) 265-5380

Goals: To increase parents' knowledge of sexual learning in the childhood years, and to reinforce the importance of their role as sex educators. To increase parents' ability to communicate comfortably and effectively with their children about a wide variety of sexual topics. To familiarize parents with sex education resource materials for children under 10 years of age and to acquaint them with sex education services provided by local family planning, church, and community agencies.

Basic Format of the Program: Workshop is given to groups of 10-50 parents in one 2.5 to 3-hour session or two 1.5 to 2-hour sessions. Since the Fall of 1979 approximately 50 workshops have been given to over 1,000 San Diego parents.

Contents: Programs begin with introduction and warm-up activities. Lecture, group discussion, and role-plays are used to cover the following topics: role of parents as primary sex educators; improving family communication about sexuality, reproduction and birth, genital sex differences, parental nudity, menstruation, masturbation, sex play, homosexuality, sexual language, and sexual molestation. Parents are acquainted with sex education resource materials and complete an evaluation of the program.

Teacher/Staff: Sally A. Koblinsky, Project Director and Anne Bader, Project Coordinator. Thirty-five facilitators representing such groups as Headstart, YWCA, Children's Home Society, Planned Parenthood, parent education programs, and early childhood centers have completed a course on conducting sex education programs for parents.

Target Population: Married and single parents with children under 10 years of age. Workshops are given in English or Spanish.

Recruitment Strategies: Information about the parent program is presented in conferences and newsletters of early childhood and parent educators. Parents, teachers, or administrators from various community groups contact the Early Childhood Sex Education Project to request a speaker for a parent meeting. Many requests come from individuals whose friends or colleagues have attended prior workshops.

Problems Encountered: Lack of child care at several programs has made it difficult for some parents (usually fathers) to attend. In some cases, Anglo administrators of predominantly Mexican-American early childhood programs opposed parent programs because they felt sex education was too threatening or offensive a topic for this parent group. Presentation of research revealing our local Mexican-American parents' interest in this area has been helpful in overcoming such opposition.

Types of Materials and Resources Used: Program announcement for parent sex education workshops; recommended sex education resources for young children; educational programs and services of local family planning agencies, churches, and other community groups; the film, "A Family Talks About Sex" (used frequently); evaluation of parent sex education workshop; and anatomically correct dolls.

Materials Developed: "Sex Education Strategies for Parents of Young Children: A Facilitator and Parent Training Manual."

Funding Source: The Rosenberg, General Mills, and Playboy Foundations, San Diego State University.

Evaluation Methods: Parental satisfaction with the sex education program is assessed with a one-page anonymous evaluation form. The form requests information about how well each topic was covered, the best and worst aspects of the workshop, and how the workshop might change the parent's behavior. A few parent workshops have been randomly selected for a more extensive evaluation study. Parents attending these workshops and comparable control groups will be pretested and posttested on their sex education practices, comfort, and competence in responding to sexual questions and behaviors.

SPONSOR: FAMILY LIFE EDUCATION TRAINING FOR TEACHERS AND PARENTS OF THE DISABLED
The Family Life Education Project works out of the University of California.

Contact Person: Carla Thornton

Address: Sex and Disability Unit, Human Sexuality Program
University of California, San Francisco
814 Mission Street, 2nd Floor
San Francisco, California 94103

Telephone: (415) 666-1066 (VOICE), (415) 666-3942 (TTY)

Goals: To increase: sex knowledge; comfort in discussing sexuality; clarity of one's own values as related to sexuality in general, and sex and disability, specifically; awareness of social resources available to the disabled; experience for teachers and graduate level students in special education, in designing curricula including lesson plans for courses in Family Life Education for the Disabled; experience for university-level special education faculty in developing programmatic curricula including lesson plans for the instruction of college-level special education students.

Basic Format of the Program: The first day of the course focuses directly on the attitudes, myths, and misconceptions related to the socio/sexual functioning and the potential of the disabled. This day is a programmed educational process which utilizes didactic presentations, discussion, and explicit films. The sex education films are documentary in nature and are used to help sensitize professionals to the positive aspects of human sexual relationships. The remaining 3 days focus on areas relevant to the development of curricula: teaching family life education to students with physical disabilities, facilitating social skills development, legal aspects of family life education, contraception, pregnancy and disability, parental and administrative concerns about family life education, issues in implementing curricula, and community resources. In addition, participants meet together in small groups several times during the course with the purpose of understanding and integrating the information they receive. Participants who sign up for credit are expected to develop a curriculum to use in their own classrooms. Workshop time is not provided for the actual writing of curricula.

Teacher/Staff: In addition to the workshop leader who heads the Family Life Education project, 8-10 staff members assist in leading small group discussions and making presentations. Professionals such as special education teachers, counselors, and psychologists staff the workshop. Many of these people are themselves disabled.

Target Population: Teachers and parents of deaf and blind children are the primary targets, with teachers and parents of children with physical disabilities as secondary targets. A section on the mentally retarded is included in the presentations, but is not a major focus. Parents of these children are welcome and are encouraged to attend with teachers and administrators from their school districts.

Recruitment Strategies: Mailings are sent to special education programs and schools, to University special education departments, and to individuals who have expressed an interest in the project.

Types of Materials and Resources Used: Films including "One Day, One Time," "Active Partners," "Neil and Betsy," "Mimi," "Are You Ready for Sex?" "A Masturbatory Story," "Artist Fantasies," and "Like Other People." A workbook developed by the program director and staff as well as much other printed material developed by the staff are distributed to every participant.

Funding Source: Teachers deemed eligible by the HEW grant which provided the initial funds for the program are accepted with paid tuition and partial travel stipends. Participants can earn three units of credit at a cost of \$30. Other participants are charged \$100 for the workshops.

Evaluation Methods: Pre/posttests of attitudes and information are administered, as well as participant evaluations of presentations and small group experiences. Follow-ups to determine what practical applications of the program have been made (i.e. to determine whether other programs have been implemented by participants) are compiled 1 year after participants have completed the workshop.

SPONSOR: PLANNED PARENTHOOD OF ALAMEDA - SAN FRANCISCO

Name of Program: Parents as Sex Educators

Contact Person: Inca A. Mohamed

Address: 1660 Bush Street
San Francisco, California 94132

Telephone: (415) 441-5454

Goals: To give parents a better knowledge and understanding of sex and sexuality so that they will be better able to help their children.

Basic Format of the Program: Presentations by request to parents and professionals. Workshops for parents and their children, ages 9-12.

Contents: Anatomy and physiology, the range of human sexual behavior, psychosexual development, sexual values, sexual stereotypes, intimacy and love, self-esteem, exploring parents' own feelings, and communication skills.

Teacher/Staff: Health educators, parent educators, Planned Parenthood staff.

Target Population: Parents, those in parental roles, professionals.

Recruitment Strategies: Fliers, word of mouth, professionals, referrals, and community contacts.

Problems Encountered: Low attendance by fathers. Insufficient culturally-sensitive materials.

Types of Materials and Resources Used: Parents are informed of materials available; films and pamphlets.

Materials Developed: PASE Presentation Module. Parent/Child Workshop format.

Funding Source: California State Office of Family Planning.

Evaluation Methods: Parents and professionals complete evaluation forms.

SPONSOR: PLANNED PARENTHOOD ASSOCIATION OF SANTA CLARA COUNTY

Name of Program: Disability Project/Parent Program

Contact Person: Lynne Stiggall
Phyllis Mattson

Address: 17 North San Pedro Street
San Jose, California 95110

Telephone: (408) 287-7532

Goals: To help parents develop skills communicating about sexuality with their sons and daughters who are labelled mentally retarded. The project serves Santa Clara, San Benito, Santa Cruz, and Monterey Counties. The project objectives are to improve the parent consultation skills of professionals who work with mentally retarded clients; to train and develop a group of parents who can serve as peer consultants; and to improve the ability of 140 parents to communicate with their retarded children.

Basic Format of the Program: Twenty-hour training workshops for professionals who work with the mentally retarded and for parents to become peer educators. Individual and group sessions conducted by professionals or peer consultants trained by the project.

Contents: Values clarification, growth and development, and counseling and communication skills.

Teacher/Staff: Lynne Stiggall, Program Director; Phyllis Mattson, Health Educator.

Target Population: Parents of children labeled as having mild to moderate mental retardation.

Recruitment Strategies: Mailings to schools and agencies working with retarded children.

Problems Encountered: In the first program for training parents, we encountered some reluctance on the part of parents to initiate peer consultations. We anticipate a solution to this problem by giving parents more opportunities to practice their new skills.

Types of Materials and Resources Used: Reprints pertinent to course contents, films, filmstrips, and slides.

Funding Source: Office of Family Planning, State of California.

Evaluation Methods: Pre/posttesting, follow-up questionnaires, parent interaction report sheets completed by professionals and peer consultants, and personal interview with participants.

Additional Comments of Contact Person: We hope to develop materials and further expertise during the 3 years of the project.

SPONSOR: WOMEN'S COMMUNITY CLINIC

A private, nonprofit family planning agency and family health center.

Name of Program: The Parent Sex Education Project

Contact Person: Mary M. Buxton, MCSW; Vickie A. Burden, MPH; and Bob Beito, MFCC.

Address: Women's Community Clinic
696 E. Santa Clara Street
San Jose, California 95112

Telephone: (408) 287-4322, ext. 12

Goals: To put parents back in the role of primary sex educator for their children by giving them tools to increase their level of comfort and by expanding their knowledge of human sexuality; to train parents as peer educators to lead the Parent Sex Education workshops.

Basic Format of the Program: One 2-hour workshop-style session with optional follow-up consultation. Workshops are offered up to four times a week, including some evening hours.

Contents: Voluntary group discussion of parents' sex education background, values clarification exercise, role playing, a list of written information about community resources available to parents, a display of books useful to parents while talking to their children about sex, and an informational take-home packet.

Teacher/Staff: A counselor/health education team approach is taken. Master's level training, group work experience, and training in human sexuality are required. A male counselor is available to co-lead workshops for fathers.

Target Population: Parents of minor children with special effort to reach fathers and low income and single parents.

Recruitment Strategies: Word-of-mouth referrals, mailings, media coverage through radio and television talk shows and newspaper, and phone contacts.

Problems Encountered: Resistance to role-playing exercises; difficulty with professionals who tend to judge and criticize the format of the workshop rather than to involve themselves in the role of parent; and teachers' discomfort with various workshop topics.

Types of Materials and Resources Used: Parent handout packets which include a community resource list, bibliography, practical exercises to develop skills in sex educating your child, information on chronological development of childhood sexuality, and facts about childhood sexuality; Sex Education at Home: Guide for Parents by Planned Parenthood, Syracuse, New York; books on topics which parents might want to use as an aid in explaining sexuality to their child. Free follow-up consultation hours, sex education books, and a list of community resources such as libraries, family planning clinics, and the Human Sexuality Center are provided. Also, the workshop process encourages the parents to use one another as a resource in developing sex education skills and solutions.

Materials Developed: Take-home packet, bibliography, community resource list, pretest/posttest evaluation form, and fliers.

Funding Source: The Office of Family Planning, State of California funds the program.

Evaluation Methods: The evaluation method is a pre/posttest questionnaire asking the parents to rate themselves on the following four items: 1) I am comfortable talking with my child(ren) about sex; 2) I understand where my child is now in his/her sexual development; 3) I know of places, books, and people where I can ask for sex information when I need it; and 4) I am aware of the spoken and unspoken messages I give to my child(ren) about sex.

Additional Comments of Contact Person: We feel that the workshops have been very successful in helping the parents take a more active role in sex education for their child(ren). First, the parents become aware that sex education goes on at many levels, verbal and nonverbal, and that they are probably doing some form of sex education whether they realize it or not. Second, we feel that the main achievement for most parents is that they leave the workshop feeling more comfortable and confident discussing human sexuality. From this point, they can continue to build on the skills that will help them communicate their values, knowledge, and decision-making around sexual issues.

SPONSOR: SAN LUIS OBISPO COUNTY HEALTH DEPARTMENT

In conjunction with the Economic Opportunity Commission and California Polytechnic State University.

Name of Program: Family Life Education Project

Contact Person: Constance Freydid, M.P.H.

Address: San Luis Obispo County Health Department
P.O. Box 1489
San Luis Obispo, California 93406

Telephone: (805) 549-5500

Goals: To improve the role of parents as sex educators; to reduce teen pregnancy through better communication between parents and children about sexuality.

Basic Format of the Program: The 2 to 3-hour workshops may meet only once or as a series depending on the needs and schedules of the group. Approximately 20 workshops are offered per year.

Contents: The course emphasizes communication by helping parents feel more comfortable discussing sexuality and handling problems with communication. Values and decision making are also covered.

Teacher/Staff: The workshops are conducted by resource people on staff and in the community. The faculty of the California Polytechnic State University often make presentations. Health Education Aides are employed to serve as Parent Coordinators. They are required to be parents active in their communities and comfortable discussing sexuality. The Parent Coordinators are responsible for organizing parent planning groups, which then design workshops suitable for their communities' concerns and needs.

Target Population: All parents are encouraged to attend, regardless of the ages of their children.

Recruitment Strategies: Fliers, media coverage, and word-of-mouth.

Problems Encountered: Getting parents and teens to come to meetings and seminars.

Types of Materials and Resources Used: A variety of current films and filmstrips.

Materials Developed: A brochure and some fliers.

Funding Source: California State Department of Health Services, Office of Family Planning.

Evaluation Methods: Participant evaluation forms measure knowledge gained.

Additional Comments of Contact Person: The main accomplishments of the program have been: 1) more open discussion of sexuality in families; and 2) credibility gained among school administrators, resulting in a fully-attended, 5-day teacher training program for junior high and high school teachers.

SPONSOR: PLANNED PARENTHOOD OF MARIN COUNTY

Name of Program: The Parent Program

Contact Person: Margaret Hallet

Address: Planned Parenthood of Marin County
20 H Street
San Rafael, California 94901

Telephone: (415) 454-0475

Goals: To give parents additional factual and reliable information about human sexuality and to assist them in speaking honestly; to make them more effective sex educators of their children.

Basic Format of the Program: 1) Six 2.5-hour workshop sessions and 2) 1-day workshops.

Contents: Knowledge: human growth and development, physical aspects of self-image. Attitude: sex roles, sexual values and attitudes clarification. Communication: communication skills, role playing, discussion of parent-child sexual conversations, issues of adolescent sexuality, and review of sex education materials. Adult sexuality: aspects of homosexuality and the ways people express themselves sexually.

Teacher/Staff: One salaried staff person coordinates the program and trained volunteers assist.

Target Population: Parents of Marin County.

Types of Materials and Resources Used: The films "Achieving Sexual Maturity," "The Sexually Mature Adult," "About Sex," and "Birds, Bees and the Stork."

Funding Source: Board decides, private funds plus fee.

Evaluation Methods: A questionnaire is given during the final session.

SPONSOR: COALITION CONCERNED WITH ADOLESCENT PREGNANCY

Name of Program: Parent Awareness Project

Contact Person: Gail Nugent-Wallace

Address: 2110 E. First Street #102
Santa Ana, California 92705

Telephone: (714) 972-4859

Goals: To increase parents' awareness of the problems of adolescent pregnancy and methods of preventing it; to encourage family life education at home and at school.

Basic Format of the Program: C.C.A.P. sponsors and co-sponsors workshops, courses, and lecture series on talking to children about sexuality. The format varies considerably with the audience and setting.

Contents: The contents usually include information on sexuality, myths, decision-making, child development, parent-child concerns, and communication.

Teacher/Staff: C.C.A.P. members volunteer their time to conduct the programs.

Target Population: Parents of school-aged (K-12) children in Orange County.

Recruitment Strategies: Fliers, brochures, newsletters, and the media are used to reach our target population.

Problems Encountered: Awareness of need for education must be increased before target population will take full advantage of programs offered.

Types of Materials and Resources Used: A variety of materials including films, pamphlets, and booklets.

Funding Source: C.C.A.P. receives funds through membership dues, private donations and the State Office of Family Planning.

Evaluation Methods: Pre/posttest evaluations and process evaluations.

Additional Comments of Contact Person: C.C.A.P. is also involved in attempting to increase awareness of general public, especially parents, through a media campaign, distribution of brochures, posters, newsletters, and a resource directory.

SPONSOR: RUTH LEVINSON - MEMORIAL CHURCH - STANFORD UNIVERSITY

Name of Program: Sex Education Can Begin at Home

Contact Person: Ruth Levinson

Address: Memorial Church Home: 3985 Bibbitts Drive
Stanford University Palo Alto, California 94303
Stanford, California

Telephone: (415) 494-8620

Goals: Programs for parents of teenagers: to identify the parents' values and to improve communication between parents and their teenagers in order to relieve anxiety. Programs for parents of younger children: to increase knowledge regarding the importance of affection, caring, and warmth, and what is sexual behavior and what is not; to prepare for the crisis years and for answering children's questions.

Basic Format of the Program: The length of the workshop varies depending on the group's needs and desires. A minimum of two 1.5-hour meetings is required, however.

Contents: Values clarification and problem solving about sexuality; decision-making about relationship and situations; communication between parents and children; society, sexuality, morality, and contraception in other cultures; "acceptable" sexual practices; and options and strategies for handling situations when parents and their children do not agree.

Teacher/Staff: Ms. Levinson conducts the workshops on a freelance basis.

Target Population: Parents of children of all ages.

Recruitment Strategies: Fliers, local papers, and word-of-mouth are generally used by church groups to publicize workshops. Other groups such as Jewish Community Centers use posters or have teachers in the center publicize the program through their contacts with parents.

Problems Encountered: None.

Types of Materials and Resources Used: Ms. Levinson has designed her own slide presentation composed of slides of art from other cultures depicting sexuality scenes, relationships, roles, and sex and society. The films "Are You Ready for Sex?" and "A Family Talks About Sex" are shown regularly. Newspaper articles are used to provide current information and evoke discussion about contemporary issues. Bibliographies are made available.

Funding Source: Fees are paid by hosting institution or group; participants pay a nominal fee.

Evaluation Methods: A pre/posttest behavior/attitude change evaluation questionnaire; a questionnaire regarding content and presentation of materials.

SPONSOR: FAMILY PLANNING SERVICES, DEPARTMENT OF PUBLIC HEALTH, CITY OF TORONTO

Name of Program: Are You an Askable Parent?

Contact Person: Janis Scott, Program Coordinator
Elizabeth Parker, Director

Address: Family Planning Services
Department of Public Health, City of Toronto
37 Spadina Road
Toronto M5R 2S9, Ontario, Canada

Telephone: (416) 961-8459

Goals: To provide information, encourage discussion, and answer questions parents have about talking to their children about sex; to provide resources.

Basic Format of the Program: 2 to 3-hour participatory workshop.

Contents: Values in sexuality, an inventory; attitudes towards sex, a fantasy exercise; modeling/teaching sexuality, a reflect-and-share exercise; situation roleplays.

Teacher/Staff: Staff community workers responsible for the geographic region where the program is requested.

Target Population: Home and school associations (elementary and secondary), mothers' groups, and professionals working with parents.

Recruitment Strategies: Promotion literature which describes programs offered and community work, and identifies the need.

Problems Encountered: Interpretation into other languages; not enough father interest or involvement.

Types of Materials and Resources Used: Blackboard/flipchart/overheads/slides; the film "Loving Parents"; situation cards with common questions; "Ten Tips on Being Askable" handout; the pamphlet "Communicate"; bibliography; and sample books.

Materials Developed: "Communicate" pamphlet, handouts, bibliographies for children and parents, overhead transparencies, exercises, and situation cards.

Funding Source: Ontario Provincial Ministry of Health, administered through the Public Health Department, City of Toronto.

Evaluation Methods: Questionnaire completed by participants after program.

SPONSOR: PROJECT RAM, HUMAN SERVICES, INC.

Name of Program: Parent Power

Contact Person: Cynthia Yeo-Scales

Address: 60 Washington Street
Denver, Colorado 80203

Telephone: (303) 832-2137

Goals: To act as a community catalyst in the promotion of sexuality education in the home; to increase parental comfort, confidence, and interest in the topic of sexuality education and to enhance their ability to communicate effectively with their children. We present sexuality education as a lifelong process that helps children develop healthy, responsible attitudes about sexuality that will carry into adulthood.

Basic Format of the Program: We provide a blend of single and multisession programs. Format is usually three 1.5-hour sessions. Lecture, small group exercises and discussions, films, and reflective drama are all incorporated into our program design. RAM's initial efforts were directed at adolescents; this has been expanded in the past 2 years to include parents. About 20 attend each session; some groups have included both parents and preteens. RAM has recently hired a full-time parent Program Coordinator.

Contents: The content and structure of a program varies with its length. Basically, we follow a three-stage model of sexuality education involving information exchange, value and feeling clarification, and skill development. We have found that regardless of the length of a program, our goals are best achieved by including all three stages. However, as program length increases, more attention is paid to communication and skill development. We generally begin with a presentation or film that defines sexuality education; we explain its need, present normal sexual developmental stages, and note problem areas. A processing of this material follows, using small group exercises and discussion. Parents are asked to retrace their steps to their own childhood to relive their difficulties talking with their own parents and their feelings about being adolescents. Finally, a discussion of effective communication techniques is facilitated including would be such topics as effective listening, roadblocks to communication, use of the educable moment, and the role of practice in becoming more comfortable talking about sex. To describe our program another way, we attempt to cover the who, what, when, where, why, and how of sexuality education.

Teacher/Staff: Cindy Yeo-Scales, Bob Schlegel, Barbara Bennett, and Cecelia Broadhurst.

Target Population: Parents of pre-adolescents. Not only are these groups easier to recruit, but we find a more receptive attitude among the parents.

Recruitment Strategies: Our recruitment efforts are focused on ongoing groups such as PTA parents and church groups. However, a large proportion of our participants come in unsolicited through word-of-mouth.

Problems Encountered: In groups with parents and preteens, some parents were not as actively verbal as they were in parent-only groups. Another problem is lack of motivation by parents who really need it. To overcome this, we have tried to become part of the treatment plan for parents who are in some kind of treatment.

Types of Materials and Resources Used: We regularly use several films including: "A Family Talks About Sex," "Am I Normal?," "Seasons of Sexuality," and "Free to Be You and Me" and distribute a bibliography of sexuality education materials.

Funding Source: Title X, Community Board Education grant plus local support from Human Services, Inc.

Evaluation Methods: Knowledge test.

SPONSOR: ROCKY MOUNTAIN PLANNED PARENTHOOD

Name of Program: Parent Workshop

Contact Person: Debbie Casselman

Address: Rocky Mountain Planned Parenthood
Education Division
1525 Josephine
Denver, Colorado 80206

Telephone: (303) 321-2471

Goals: To enhance parents' relationship with their partners and their skills in teaching their own children about sexual issues.

Basic Format of the Program: The workshop may take one of two formats, depending upon the participants. 1) Parents and children may take the course at the same time, with the content for parent classes 1 week ahead of the children's. Several sessions are held with parents and children together. 2) When groups such as the PTA request a workshop, the group contracts with Planned Parenthood and is responsible for the organization of the workshop. Classes for single parents are held in four 3-hour sessions. An intensive weekend training of 10-15 hours is also conducted to train people to teach parents sex education so that they can educate their children. Courses are taught through lectures, experiential exercises, and small group discussions.

Contents: Hints to get children out of depression; nutrition and hormones; basic physiology knowledge; attitude clarification; and skills training (communication, decision-making, problem solving, coping, and special attention to body image).

Teacher/Staff: The course is generally co-taught by two sex educators.

Target Population: A mailing list of 12,000 in the Rocky Mountain region has been compiled. Public schools and universities in those States are targeted, as well as social workers, nurses, physicians, and psychologists.

Recruitment Strategies: Catalog brochures listing all of the courses for the year are distributed to education divisions and to publications' mailing lists. Former participants also help promote the program by advising others of its existence.

Problems Encountered: A lack of time and space during weekend trainings; a general shortage of time for keeping up with the literature in the field.

Types of Materials and Resources Used: Various materials have been compiled. At least 25 handouts are printed in the program's printing department; a film library with 30 films is available; and instruction is provided for persons wishing to use the films. Consultants from universities, the Center for Adolescent Learning, and Reaching Adolescent Males (RAM) are often invited to speak.

Funding Source: Title X regional training grant funds; fees of \$35 per hour plus expenses charged by each workshop leader to the group sponsoring the workshop; fees charged for professional training and workshops.

Evaluation Methods: A two-page evaluation instrument is used to tap satisfaction with the course and knowledge. Overall organization of the workshop, instructors' performance, and usefulness of the workshop to development are evaluated. Suggestions for improvement are solicited. The participants are asked where they first heard about the workshop and what influenced them to attend.

SPONSOR: LARIMER COUNTY HEALTH DEPARTMENT

Name of Program: Sex Education: The Parent's Role

Contact Person: Ann Watson, R.N., M.A., Director of Health Education

Address: Larimer County Health Department
363 Jefferson Street
Fort Collins, Colorado 80524

Telephone: (303) 221-7460

Goals: To eradicate myths and misconceptions about sex education and sexuality. To promote positive communication about sexuality between parents and children. To improve parents' confidence and comfort in discussing sex. To assist parents in examining their own sexual attitudes and values. To increase parents' knowledge of available resources and materials regarding sexuality. To increase parents' knowledge of human reproductive anatomy and physiology.

Basic Format of the Program: The workshops are offered as a series of four 2-hour weekly sessions. Parent programs consisting of one 2-hour session or two 2-hour sessions are also adapted for particular groups.

Contents: The content of the workshops varies somewhat according to group needs. Knowledge: lecture, discussion, and slides on human sexuality and the life cycle, reproductive anatomy and physiology; a sex information test. Attitudes and values: small group activities in which parents share their own sex education experiences, films, discussion, and a values exercise, the sexual timeline. Communication skills: graffiti board exercise and role playing of sexual situations involving children. Group discussions, a take-home assignment regarding how to be an askable parent, and general principles of good communication are included.

Teacher/Staff: Beverly Twarogowski, B.S., Teen Health Coordinator; Ann Watson, R.N., M.A., Health Educator.

Target Population: Parents of children (mainly school children) in Larimer County, Colorado.

Recruitment Strategies: PTA's, church groups, day care, and head start parents are offered programs or workshops.

Problems Encountered: None.

Types of Materials and Resources Used: Films include "Are You Ready for Sex," "Growing Up Young," "Am I Normal?," "Linda's Film on Menstruation," "Dear Diary," and "Old Enough to Know." Slides of reproductive systems; audio filmstrip "You Would If You Loved Me: Making Decisions About Sex"; group exercises; take-home tests including a sex information test "Are You an Askable Parent?" and "Sexual Attitudes and Communication Survey."

Materials Developed: A number of the exercises and tests/surveys.

Funding Source: The workshops are facilitated by the Health Educator and Teen Health Coordinator from the Larimer County Health Department; Larimer County Health Department and Family Planning Program grant.

Evaluation Methods: A process evaluation is conducted. Some aspects of program impact are evaluated in terms of self-reported changes in confidence and readiness to initiate sexual discussions. Problems with tracking participants, time and financial restraints have prevented any formal outcome evaluation.

**SPONSOR: THE UNIVERSITY OF CONNECTICUT HEALTH CENTER, DEPARTMENT OF
OBSTETRICS/GYNECOLOGY FAMILY PLANNING PROGRAMS**

Name of Program: Communicating About Sexuality: Parent and Child

Contact Person: Lydia Dyson, Associate Director

Address: The University of Connecticut Health Center
Family Planning Program
L-4071
Farmington, Connecticut 06032

Telephone: (203) 674-3525

Goals: For professionals and paraprofessionals to attain the knowledge and skill that they need to foster better communication about sexuality in the homes of their clients. Participants will be prepared to teach a course to parents on communicating about sexuality and/or to counsel parents on issues relating to sexuality. Participants will be able to respond effectively to typical sexual questions. They will also be able to initiate discussions on sexuality, thus surfacing issues that clients (parents or youth) hesitate to raise because of embarrassment or ignorance. Participants will be trained to understand and improve the process and content of sexual learning in the home. (Specific goals have been written for each session; see curriculum manual, pp. 3-6.)

Basic Format of the Program: Fifteen 3-hour sessions. Recommend limiting the course to 10-15 participants per instructor. Selected topics can be excerpted from complete course and offered on a workshop basis.

Contents: Introduction to education in sexuality; assessing one's own sexuality; understanding the human sexual/reproductive system; values clarification and decision making; the art of communicating; sexual attitudes and behaviors; sexuality and disability; educational resources; the teaching/learning environment; development; application and evaluation of skills.

Teacher/Staff: Instructor for the course should be knowledgeable about human sexuality and skilled in using educational group leadership techniques. A person with a background in counseling, social work, nursing, or education could be a suitable instructor, depending upon personality and prior experience.

Target Population: Professionals and paraprofessionals who work in health care and social service agencies. (Curriculum can be adapted for direct parent training.)

Recruitment Strategies: Contacts are made with various health and social service agencies. Agencies assist in promotion. Parent groups are reached via churches, PTA's, service clubs.

Problems Encountered: The length of time allotted to staff for completion of course; and teaching individuals with very diverse educational backgrounds, e.g., a paraprofessional with a high school degree or less and a person with a master's or doctoral degree being enrolled in the same workshop or course.

Types of Materials and Resources Used: The films "Teenage Father," "Like Other People," "Family Talks About Sex"; exercises developed by instructors; gay panel; guest lecturers; video-taping; and book reports.

Materials Developed: Curriculum "Communicating About Sexuality: Parent and Child - A Guide for Training Family Educators and Counselors"; Sexuality Education Readiness Checklist for evaluating films and printed educational materials; Checklist on Sexuality Teacher Effectiveness; and Checklist for Sexuality Counseling Interview.

Funding Source: Family Planning, Title X to State; Health Center.

Evaluation Methods: Pre/posttest written by instructors after writing goals and objectives; videotape pre/posttests; behavior checklist and self-assessment records.

Additional Comments of Contact Person: Not primarily working with parents or adolescents in community. Curriculum manual available for \$10.00.

SPONSOR: GREENWICH HIGH SCHOOL

Name of Program: Adolescent Sexuality

Contact Person: Steven M. Sichel

Address: Greenwich High School
10 Hillside Road
Greenwich, Connecticut 06830

Telephone: (203) 869-6200

Goals: To provide parent education, thus separating facts from myths about teenage sexuality and other aspects of adolescent behavior. To enhance parents' sensitivity to their children's experience and to enable the participants to communicate more effectively with their own teenage children.

Basic Format of the Program: The workshop meets for four 2-hour evening sessions. The format includes group discussions, role playing, lectures, films, printed handouts for home reading, and communication exercises to try at home.

Contents: One evening is devoted to the theme "Adolescent Sexuality." Other themes are problems of separation, self-defeating behavior, and talking straight with our teenagers. Parents' concerns are ascertained in advance on index cards to shape the program to the specific interests of each group.

Teacher/Staff: Steven M. Sichel, School Psychologist, Greenwich (CT) Public Schools, conducts the course with a female colleague (counselor, social worker, etc.).

Target Population: Parents of students attending Greenwich High School.

Recruitment Strategies: PTA newsletter articles and registration forms are mailed to parents of children in the school. Articles in the local newspaper and recommendations to parents by guidance counselors, school administrators, teachers, and students also serve to promote the program.

Problems Encountered: Scheduling the sessions in the spring (warmer weather) has been more successful than in mid-winter (snow, freezing temperatures, etc.). Also, while some couples attend, fathers who are commuters sometimes fail to attend consistently or at all.

Types of Materials and Resources Used: The Public Affairs Pamphlet #549, Sex Education: The Parents' Role, by Gordon and Dickman; SIECUS study guides; Sex and the American Teenager by Murray M. Kappelman; the film "Guess Who's Pregnant" (WTTW-TV, Chicago); and free brochures from Connecticut Blue Cross, Inc.

Funding Source: Current fees are \$25 per couple and \$20 per single parent. All fees collected went to support PTA activities and to pay one group leader who was not in the school district's employ.

Evaluation Methods: The group leaders elicit parents' expectations, needs, and particular interests in writing anonymously at the beginning of the series. Weekly evaluations of sessions are conducted by various semiformal methods. For example, parents are asked to note on the two sides of an index card what they liked most and least about that evening's program, and what they learned. A formal questionnaire at the conclusion of the series is completed by each participant.

Additional Comments of Contact Person: The series was received with genuine enthusiasm. The PTA extended an invitation to repeat the offering.

SPONSOR: ARC: A RESOURCE CENTER FOR YOUTH

Name of Program: "Understanding Teenage Sexuality - For Parents Only"

Contact Person: Barbara White

Address: 2005 Baynard Boulevard
Wilmington, Delaware 19802

Telephone: (302) 658-6134

Goals: To enhance communication between parent and child in the area of sexuality and to help the parent become more comfortable and open in guiding his/her child.

Basic Format of the Program: Single 2-hour sessions and a series of four 2-hour sessions are offered. The latter program was designed but never carried out. Four to five sessions are conducted each year.

Contents: Comfort with sexual vocabulary; sexuality issues pertinent to the children of parents in the group; male/female roles and relationships; communication skills, and values clarification.

Teacher/Staff: Three social workers and a coordinator. One social worker attended parent sex education training at Syracuse.

Recruitment Strategies: Preformed groups are recruited. The program was offered through the adult education program sponsored by the public school system. A schedule of adult education programs offered was mailed to parents of children in the schools.

Problems Encountered: Recruitment of other than preformed groups has been problematic.

Types of Materials and Resources Used: Old Enough To Know, the Public Service Pamphlet by Sol Gordon, is used to supplement information presented in the workshop.

Materials Developed: A curriculum has been developed entitled "Understanding Teenage Sexuality - for Parents Only."

Funding Source: Children's Bureau of Delaware, a private child welfare agency, offers the ARC program as one of its services. Funding through the agency comes from endowment and United Way.

SPONSOR: THE PARENT RESOURCE CENTER, INC.

Name of Program: Talking to Your Children About Sexuality

Contact Person: Diane M. Blakeslee

Address: 42 East Jackson Street
Orlando, Florida 32802

Telephone: (305) 425-3662 or 299-5000, ext. 324

Goals: To provide parents and employees of agencies dealing with youth with the skills and knowledge that will enable them to provide responsible sex education to their children.

Basic Format of the Program: Parent seminars are free and last 4 hours, ideally split into two sessions. We must have 10 parents in attendance to offer the seminar. The sessions are held in locations throughout a four-county area.

Contents: Desensitization exercises, values clarification, films and film discussion, information regarding child development, useful "how-to's," an examination of currently available books on sex education for children, and role-playing exercises.

Teacher/Staff: The program is coordinated by a part-time staff of two. There are 100 facilitators who are trained to lead parent seminars.

Target Population: Parents and pre-parents.

Recruitment Strategies: Seminars are offered in the neighborhoods where parents reside. We try to contact already-established groups and offer them a program. Facilitators rely on personal and professional contacts to recruit groups.

Problems Encountered: There has been a small amount of resistance from a group in the community. Probably the greatest problem is the lack of resources (books, films) for parents and their concern in relaying this vital information to their children.

Types of Materials and Resources Used: We have 17 different titles of books that are critiqued and displayed at each seminar. Also we use the films, "A Family Talks About Sex" and "About Sex," and a filmstrip, "Kids Who Have Kids are Kidding Themselves."

Materials Developed: Janice Warren developed the curriculum and designed several warm-up and desensitization exercises. She also wrote a book which is given to each participant at no charge.

Funding Source: Title X special initiative grant.

Evaluation Methods: For the first 6 months of the program, we administered pre/posttests to all seminar participants. Currently, we are involved in a 10% random sample follow-up to measure long-term effectiveness of the seminars. In addition, each parent completes an evaluation of the seminar content and facilitator.

SPONSOR: PLANNED PARENTHOOD OF EAST CENTRAL GEORGIA, INC.

Name of Program: Sex Education: The Parent's Role

Contact Person: Kay Mills

Address: Planned Parenthood of East Central Georgia, Inc.
1289 Broad Street
Augusta, Georgia 30902

Telephone: (404) 724-5557

Goals: To provide factual information and encourage parents to be better sex educators of their children. It is hoped that by having better prepared parents, the number of unwanted pregnancies and cases of venereal disease in the area will be reduced.

Basic Format of the Program: Six 2-hour sessions are held on consecutive weeks upon request of the participants.

Contents: Knowledge: anatomy and physiology of males and females, fertilization, contraception, and pregnancy. Communication skills: questions teens ask about sex, the need for sex education in the home, values clarification, problems of adolescence including teenage sexuality, peer pressure, and psychological and biological peculiarities.

Teacher/Staff: Each session is led by a person chosen for teaching ability and professional qualifications in medicine, counseling, or ethics.

Target Population: Parents in Richmond County, Georgia.

Recruitment of Participants: Announcements of the availability of programs in local newspapers, radio, and television. Church pastors are contacted and asked to promote the classes through their newsletters, bulletins, and pulpit announcements. Planned Parenthood speakers also promote the classes during talks at churches, PTA meetings, and civic groups.

Problems Encountered: Some fathers will not participate in the classes.

Types of Materials and Resources Used: A newsletter; a pamphlet describing the parent sex education program and Planned Parenthood services; materials from HEW; trigger films on communication; and the film "Woman Child" (March of Dimes). Which materials are used varies among presenters. An elected volunteer board of directors, over 100 volunteer donor members, and 28 paid staff members comprise the available resources.

Funding Source: No funding is provided for the program. Presentations are made by volunteers who have previously worked professionally in the area of sexuality (social workers, nurse practitioners, counselors, etc.).

Evaluation Methods: A questionnaire evaluating participant satisfaction with content and method of presentation is administered at the end of the program.

SPONSOR: PLANNED PARENTHOOD ASSOCIATION OF CHAMPAIGN

Name of Program: Sex Education in the Family

Contact Person: Mary Lawless

Address: Planned Parenthood Association of Champaign
314 South Neil
Champaign, Illinois 61820

Telephone: (217) 359-8022

Goals: To help parents become the primary sex educators of their children by providing information about the sexual development of their children and by improving communication skills.

Basic Format of the Program: The format of each program is tailored to the needs of the individual group. Programs are offered for parents or for parents and children together. For example, five 1.5-hour workshops were held at a local junior college. Fifteen programs were offered through nursery schools, Girl Scouts, and other preformed groups.

Contents: Human sexuality, sex education as a life-long process, male and female roles, early questions from children, early school years, preteen years and puberty, and adolescence. Sessions include films, presentations by group leaders, values clarification exercises, and opportunities to ask questions, to share ideas, and to discuss issues.

Teacher/Staff: The course is taught by an individual with experience in sex education.

Target Population: The workshops are aimed at preformed clubs and parent groups such as the Student Teacher Parent Council in schools; health centers of universities; and parents of nursery school children.

Recruitment Strategies: A brochure entitled "Sex Education in the Family: A Workshop for Parents."

Problems Encountered: Programs offered to the community at large have lower turnout than those offered through preformed groups. Participants in the at-large programs may be more hesitant to share ideas and to examine values.

Types of Materials and Resources Used: Films: "A Family Talks About Sex" (Perennial), "Human Growth III" (Perennial), "Am I Normal?" (New Day), "Are You Ready for Sex?" (Perennial), and "Human and Animal Beginnings" (Perennial).

Funding Source: Federal government grants.

Evaluation Methods: Participants are given an evaluation sheet at the end of the program. No long-term follow-up evaluation is done.

SPONSOR: LISTENING, INC.

Name of Program: SAVE - Sexuality Attitudes/Values Expression

Contact Person: Patricia Bennett, President

Address: Listening, Inc.
8716 Pine Street
Gary, Indiana 46403

Telephone: (219) 938-6962

Goals: To increase individual participant's knowledge about human sexuality topics and issues; to increase individual participant's self-awareness and self-esteem through an exploration of attitudes and values surrounding human sexuality; and to explore the expression of their sexuality through the process of expanding their intra- and interpersonal communication skills.

Basic Format of the Program: There are four SAVE programs, one for parents and a second for single adults exploring their sexuality attitudes and values in conjunction with their becoming single after many years of marriage. These SAVE programs meet weekly for 8-10 weeks (24-hour workshop).

Teacher/Staff: Patty Bennett, R.N., has had extensive communication skills training and is a certified coordinator of A.I.A. She coordinates the various Listening programs. Dick Bennett, A.C.S.W., is a nationally-known speaker, seminar leader, and expert on the psychological aspects of divorce. He has over 20 years of counseling experience and two master's degrees.

Target Population: Interested parents and professionals.

Materials Developed: Brochures describing services; textbooks provided.

SPONSOR: SOCIAL HEALTH ASSOCIATION OF CENTRAL INDIANA, INC.

Name of Program: How Askable A Parent Are You?

Contact Person: Mary Hall Bond or Nancy K. Cokain

Address: 615 North Alabama, #216
Indianapolis, Indiana 46204

Telephone: (317) 638-3628

Goals: To aid parents in gaining the confidence necessary for them to feel comfortable talking to their children about sex. To that end it is necessary for parents to clarify their own values about such issues as the role of sexuality in human relationships, premarital sex, masturbation, contraception, abortion, the rights of children to make personal choices, the role of parents in helping children make wise choices, and the meaning of responsibility in sexual decision making at every level.

Basic Format of the Program: Warm-up or getting-acquainted exercise that assists each person in realizing his or her sexual attitudes and biases -- "Where do I stand?" on sexual issues. Explanation of goals of workshop and input from parents on areas in which they'd like particular help. Audiovisual materials such as "A Family Talks About Sex," "Seasons of Sexuality," or "A Special Time" afford good background for discussions on sexual hang-ups and ways to deal with particular problems concerning sexual behavior. Distribute cards that contain questions written by students (of ages of children represented by parents in group) and practice answering the questions. Make resource materials available.

Contents: Depends on situation. If program is a one-time presentation, a film such as "A Family Talks About Sex" will be shown with plenty of discussion time afterwards. An all-day workshop allows for expansion of the format outlined above with some inclusion of information and exercises on building communication skills.

Teacher/Staff: Mary Hall Bond, Executive Director; Nancy K. Cokain, Education Director; part-time professional staff and members of the agency board of directors who have had special training in this area.

Target Population: Parents of school-age children, future parents, grandparents, and adults who work closely with children.

Recruitment Strategies: "Built-in" audiences many times. We request parent meetings before programs are presented in schools. Church bulletins, newspaper features, public service announcements on television, and articles in union publications, house organs, and public library periodicals.

Problems Encountered: Occasionally we have some opposition from persons who insist that parents should be the only ones to talk about sexual matters and that no outsider can tell them how to do it.

Types of Materials and Resources Used: Films and filmstrips including samples appropriate for different aged children, from nursery school through young adult; printed pamphlets and materials from a wide variety of sources; outside resource persons from agencies that could be of help to parents.

Materials Developed: Brochures and pamphlets; suggested reading materials for parents; list of reading matter available through public libraries, compiled for different ages; "How Askable a Parent Are You?" brochure, developed for the National PTA.

Funding Source: United Way of Metropolitan Indianapolis provides 90 percent of income. Other 10 percent comes from membership dues, fees charged for programs and film rentals, and gifts.

Evaluation Methods: Use a variety of printed evaluation forms; also have indications of effectiveness of programs from written thank you's and referrals to other groups for future scheduling.

Additional Comments of Contact Person: The Social Health Association of Central Indiana is an educational agency that enjoys wide acceptance in a 12-county area. Founded in 1943, the agency provides assistance to parents, educators, religious leaders, and other youth-serving persons through its programs on human growth and development and venereal disease education and through its audio-visual and printed materials lending library. During 1980, Social Health Association conducted 53 sessions for parents.

SPONSOR: IOWA STATE UNIVERSITY
Polk County Extension office.

Contact Person: Linda Sims

Address: Iowa State University
Extension - Polk County
3612 1/2 - Second Avenue
Des Moines, Iowa 50313

Telephone: (515) 284-4158

Goals: To provide parent education and support in the area of communication about sexuality.

Basic Format of the Program: The programs are usually offered through other community groups so the format and content varies according to the needs of the people involved. Two programs are offered: one for parents of adolescents and the other for parents of preschool children. The adolescent program is conducted in workshop form, meeting for four 1 to 2-hour sessions. The preschool program is usually a 1 or 2-hour session or part of a Child Development Series.

Contents: Topics covered in the adolescent program include: changes occurring during puberty, behavioral difficulties, communication about adolescent problems, and some adult problems. Topics covered in the preschool program are: child development, sexual behavior of children, awareness of sexual attitudes, answering children's questions, and resources available to parents.

Teacher/Staff: Linda Sims of the Home Economics Staff conducts the courses with support from 4H and youth staff.

Target Population: Parents of preschoolers and adolescents. Programming for low-income and young families is provided.

Recruitment Strategies: Send mailings and personally contact pre-existing community groups such as day care centers, libraries, YWCA, and Parents without Partners.

Problems Encountered: Programming without the use of pre-existing groups has proven unsuccessful thus far.

Types of Materials and Resources Used: The State extension office training manual on human sexuality, Teenage Sexuality Education; publication from Seattle Planned Parenthood, Sexuality Education Training by Joan Helmich; the films "A Family Talks About Sex" (Perennial) and "Old Enough to Know"; a pamphlet entitled "The Preschooler and Sex Education."

Funding Source: The agencies requesting programs supply the funds necessary for materials and rentals. Conducting the programs is part of the responsibilities of the Polk County Extension Office.

Evaluation Methods: A questionnaire is distributed at the end of the program which taps satisfaction with content, methods of presentation, and the benefits participants felt they received from participation.

SPONSOR: PLANNED PARENTHOOD OF MID-IOWA

Contact Person: Esther Walter, Education Director

Address: Planned Parenthood of Mid-Iowa

P. O. Box 4557

Des Moines, Iowa 50306

Telephone: (515) 280-7000

Goals: To increase parents' level of comfort in dealing with sexual issues; to provide parents with the opportunity to practice answering sex-related questions.

Basic Format of the Program: The program is flexible, depending upon the needs of participants; one to three-session programs are available to already existing groups. In 1979, 49 sessions were held reaching 625 parents in 29 county areas. In 1980, 930 parents were reached.

Contents: Knowledge topics: Define sexuality as bodies, feelings, relationship skills, values, behaviors, gender-coded roles. Attitudes: How people learn about sex; how we learned about sex; and how we want our children to feel and behave as a result of their sex education; myths about sex education; identification of areas of knowledge in which people feel insecure; and provision of resources or indirect information. Communication topics: "Typical questions" and practice and discussion session. Other topics: Criteria for selecting books or pamphlets to use in the home with children; parent-school cooperation in sex education.

Teacher/Staff: The staff varies, depending on the group receiving the program. Sometimes Planned Parenthood staff is involved; sometimes the pre-existing groups' leaders obtain the materials and conduct their own programs.

Target Population: One-third of the State of Iowa is served by our program.

Recruitment Strategies: Efforts to involve parents in multiple sessions have not proved successful; pre-existing groups which have chosen sex education as a relevant issue seem to be the most successful. Adult education classes have not created much response.

Types of Materials and Resources Used: Several films are made available on a loan basis throughout the state: "Loving Parents," "A Family Talks About Sex," "Sex Miseducation," "Early Homosexual Fears," "The Date," "Teenage Father," "Am I Normal?," "Dear Diary..." Free pamphlets are distributed, and a collection of materials for use in the home is available for parents' perusal.

Funding Source: Planned Parenthood of Mid-Iowa.

Evaluation Methods: A brief feedback evaluation is obtained from participants upon completion of the program.

Additional Comments of Contact Person: Some spinoffs of the parent-child sex education program include requests for adult sexuality education.

SPONSOR: SOUTH SUBURBAN YMCA

Contact Person: Jim Hugley, Executive Director

Address: South Suburban YMCA
Des Moines, Iowa 50315

Telephone: (515) 282-0421

Goals: To provide parents who participated in the father-son, father-daughter, or teenage parents program with sex education information to convey to their children.

Basic Format of the Program: The parent sex education programs are included as sessions in the regular parents' programs. The program was begun in 1979 as a pilot program. Three to four sessions are offered over the year, reaching about 20-30 individuals.

Contents: Usually films are shown to participants, followed by group discussion of problems, questions, or personal experiences. Resource persons from the local Planned Parenthood are frequently invited to direct the sessions. They bring such information as lists of questions which children typically ask. Books which deal with how parents can talk to their children about sex at home are made available to participants.

Teacher/Staff: Resource personnel from the local Planned Parenthood usually direct the sex education sessions with assistance and follow-up by the YMCA staff. The backgrounds of the latter personnel include counseling, working with groups, social work, human/social services, human relations, and education.

Target Population: Fathers without wives and teenage parents who are involved in ongoing programs at the YMCA.

Recruitment Strategies: The leaders of ongoing YMCA programs are asked to attend the sex education programs; other participants are invited to attend but are not recruited.

Problems Encountered: Parents of adolescents seem uptight during the sessions and won't share their feelings, experiences, etc., with others in the group.

Types of Materials and Resources Used: Films and written materials for parents on how to talk to their children at home about sex.

Funding Source: The YMCA funds the program.

Evaluation Methods: Written responses are solicited from participants at the end of the sessions; verbal responses regarding how the program could be improved are also solicited. In general, the responses have been very promising, particularly among the parents of very young children and among fathers (without wives) with young daughters.

SPONSOR: MATHTECH, INC. AND DEPARTMENT OF HEALTH AND HUMAN RESOURCES, LOUISIANA

Name of Program: Parent Sex Education Class/Parent Family Life Education Class

Contact Person: Sandra Cahn

Address: Department of Health and Human Resources
Northwest Regional Office
1525 Fairfield, 5th Floor
Shreveport, Louisiana 71130

Telephone: (318) 226-7480

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Twelve-hour course meeting 1 evening per week for 3 consecutive weeks. A mixture of presentations, exercises, discussions, films, and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children, and how to impart their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Teacher: Sandy Cahn, Public Health Educator. Resource speakers: medical social worker, registered nurse, family planning nurse practitioner.

Target Population: Rural, Black parents with adolescent children.

Recruitment Strategies: As a result of an Improved Pregnancy Outcome Task Force meeting in Webster Parish, I became involved with a group of Black parents from Doyline, LA, who were particularly concerned about the high incidence of pregnancy among their teenagers. They were very interested in participating in our Parent Sex Education Class. Because this was a small group, one of the participants who works with Community Action Agency committed herself to recruit additional participants through her contacts from work. After face-to-face contact, participants were sent letters to encourage them to attend the course.

Problems Encountered: Some participants arrived approximately 30 minutes late to each session. Although we explained the importance of the pre- and posttapes and questionnaires, it was most difficult to secure completed tapes and questionnaires.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire and pre/posttest audiotapes of parent/child conversations about sexuality.

SPONSOR: FITZ-GERALDS
Private consultants.

Name of Program: Independent Private Practice

Contact Person: Max Fitz-Gerald
Della Fitz-Gerald
10518 Carnation Court
Adelphi, Maryland 20783

Telephone: (301) 431-1878

Goals: To facilitate parents' role as sex educators of hearing-impaired children and teenagers; and to provide opportunities to build parents' personal knowledge, comfort, and skill base.

Basic Format of the Program: Varies as to need and arrangements: discussion format, 2-3 hours in the evening; workshop format, 9-3 on Saturdays or a half-day during the week or on the weekend. With parents and professionals.

Contents: 1) What is sex education, sex/sexuality? 2) Suggested skills in dealing with child's sexuality; 3) developmental stages of sexual development; 4) ways to learn about sexuality; 5) attitude/value development; and 6) suggested model for parent/community/school/student involvement in sex education programming.

Teacher/Staff: Husband and wife team of sexuality educators with expertise in sexuality education of the hearing impaired.

Target Population: Parents of hearing-impaired youth.

Recruitment Strategies: Participants are drawn from people who request assistance and encouragement, who read our articles, and who have attended previous workshops.

Problems Encountered: Insufficient time; developmental programming difficulties due to change in populations.

Types of Materials and Resources Used: Current articles on parents, sex education, youth; films: "ABC's" (Hallmark), "Family Talks About Sex" (Perennial).

Materials Developed: Transparencies to convey concepts of sex education, communication, and ways to learn about sexuality.

Funding Source: Honorarium and reimbursement for expenses.

Evaluation Methods: Paper evaluation form.

SPONSOR: MATHTECH, INC.

In cooperation with Family and Child Services, Washington, D.C.

Name of Program: Sex Education for Parents of Young Children

Contact Person: Pamela Wilson

Address: Mathtech, Inc.
4630 Montgomery Avenue
Suite 300
Bethesda, Maryland 20814

Telephone: (301) 657-1610

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Twelve-hour course meeting six times for 2 hours each. An orientation session was used to facilitate the evaluation. Workshop format was used. A mixture of presentations, exercises, discussions, films, and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, the social and emotional needs of children at different ages; puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children, and how to impart their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Pamela M. Wilson, MSW, AASECT-certified sexuality educator, President, Sex Education Coalition of Metropolitan Washington, and Research Analyst at Mathtech, Inc.

Target Population: Parents of children aged 3-6.

Recruitment Strategies: Referrals from parents attending an earlier group and notices in the newspaper. An attractive flier was sent to community social workers, daycare workers, and family life educators to recruit parents. Personal contacts to parents who had attended other parent education groups.

Problems Encountered: Recruitment was time-consuming. Parents were somewhat overwhelmed by the evaluation component. In spite of this, most parents completed the evaluation. Some parents missed sessions.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson). The films "A Family Talks About Sex" [Perennial]; "Everybody Rides the Carousel (Part I)" [Pyramid]; and "Then One Year" [Churchill]. Handouts: "Changes & Choices: Your Children and Sex" (HHS); and "Sex Education: The Parents' Role" by S. Gordon and I. Dickman.

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences. Mini-bibliography for parents of young children.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: MONTGOMERY COUNTY HEALTH DEPARTMENT ASSOCIATION

Name of Program: Perspectives on Adolescent Sexuality Council of Adolescents

Contact Person: D. Hollander, Project Coordinator

Address: Council on Adolescents (COA)
5818 Conway Road
Bethesda, Maryland 20817

Montgomery County Mental Health
Assoc.
10920 Connecticut Avenue
Kensington, Maryland 20795

Telephone: (301) 897-8832

(301) 949-1225

Goals: Exploration of ways for adults to communicate more effectively with adolescents.

Basic Format of the Program: One 2.5-hour evening workshop; resource exhibit area available at workshop including literature, other materials, exhibits, open discussion with panelists, COA members, agencies, and each other.

Contents: Four presentations followed by a question and answer session: 1) psycho-sexual development: the adolescent and the preadolescent; 2) the adolescent and the family; 3) religion, sex, and the adolescent; and 4) what's happening and what isn't happening in our schools.

Teacher/Staff: Deborah Hollander, Moderator, and four presenters: Robert Shearin, M.D., Division of Adolescent Medicine, Georgetown University Hospital; Ann Chase, A.C.S.W., Director, Adolescent Unit, Family Service of Prince George's County, Maryland; Chris and Roberta Nelson, Unitarian Universalist Church; and Michael Tartamella, Coordinator of Health Education, Montgomery County Public Schools.

Target Population: Adults of Montgomery County, Maryland.

Recruitment Strategies: Fliers describing program workshop.

Problems Encountered: Poor weather conditions prevented some from attending this January program.

Types of Materials and Resources Used: Some of the materials have been adapted from "Seminars for Parents on Adolescent Sexuality," Education Development Center, Newton, Massachusetts.

Funding Source: Montgomery County Mental Health Association.

Evaluation Methods: An evaluation sheet is filled out by each participant.

Additional Comments of Contact Person: In spite of inclement weather, we had 300 people in attendance.

SPONSOR: MATHTECH, INC. AND PSYCHIATRIC INSTITUTE

Contact Person: Judy Lansing

Address: The Psychiatric Institute
1119 Rockville Pike, Suite 320
Rockville, Maryland 20852

Telephone: (301) 251-4500

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Twelve-hour course meeting for three 4-hour sessions. A mixture of presentations, exercises, discussions, films, and speakers are employed.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, the social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children and methods of imparting their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Judy Lansing, MSW, Claudia Miller, M.A., and Jo Ann Seymore, M.A.

Target Population: Parents of young adolescents who had some contact with the Psychiatric Institute.

Recruitment Strategies: Social workers and therapists were asked to recommend participants. Fliers were sent to those on the Psychiatric Institute mailing list.

Problems Encountered: Parents of troubled adolescents are already burdened with therapy sessions; an extra program appeared to be too much.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire and pre/posttest audiotapes of parent/child conversations about sexuality.

SPONSOR: NORBEL SCHOOL

Name of Program: Sex Education for Parents

Contact Person: Toni Clark
6313 Old Chesterbrook Road
McLean, Virginia 22101
(703) 734-6966

Address: Dr. Robert Campbell
Norbel School, Inc.
220 Bosley Avenue
Towson, Maryland 21204

Telephone: (301) 296-6858

Goals: To remind parents of the world of childhood and adolescence as it relates to sexuality. To expand the range of opportunities parents see and take to communicate with their children about sexuality. To encourage parents to take an active role in their children's sex education.

Basic Format of the Program: Three weekly 2-hour sessions including lectures, exercises, films, and discussions.

Contents: The role of the media and peers in teaching children about sex. A discussion and exercise about what is included in the term sexuality. A presentation about what children want to know at different ages and phases of development. An exercise on parental experiences with sex education and learning. A film, discussion, and practice on how to communicate with youngsters about sexual topics.

Teacher/Staff: Toni Clark is the primary instructor. The directors of Norbel, Dr. Robert Campbell and Dr. Norma Hauserman-Campbell, also attend and play an active role.

Target Population: Parents of youngsters aged 9-13 who attend school programs. Both fathers and mothers are invited and do attend.

Recruitment Strategies: The class is introduced to parents when they register their youngsters as one way the school handles sex education.

Problems Encountered: People travel some distance to attend. There was some change in the composition of the group each week, making continuity difficult.

Types of Materials and Resources Used: Bibliography of books for parents and children; outline of sexual-social development stages; film: "A Family Talks About Sex"; feedback from group exercises such as a list of situations parents found difficult to handle.

Materials Developed: Tape of current "top ten" music and copies of the lyrics for parents to follow while listening to the tape.

Funding Source: None.

Evaluation Methods: Anecdotal.

Additional Comments of Contact Person: The curriculum in the school includes some sex education, particularly as the subjects arises from the youngsters' behavior and questions. Some thought is being given to linking the youth program to the parent program in future sessions.

SPONSOR: HEALTH CARE OF SOUTHEASTERN MASSACHUSETTS, INC.

Name of Program: The Prime-Time Primer

Contact Person: David Lloyd Green

Address: 728 Brockton Avenue
P. O. Box 2127
Abington, Massachusetts 02351

Telephone: (617) 588-0141

Goals: To teach parents and their children how to use television as a catalyst for discussing sexual concerns; to expand people's understanding of sexuality to include sex roles, body image, love and affection, and others; to develop educational materials for professionals; and to show how sexual messages are communicated in all TV programs.

Basic Format of the Program: 1) Workshop for 6-20 participants, ideally 15 in one 2-hour or two 1.5-hour sessions. Exercises are meant to help practice active TV viewing skills and to appreciate sexual messages in all programs; 2) Media Action Program: participate in radio and TV talk shows to teach these skills to parents.

Contents: Body image; love and affection; marriage and family relationships; sex roles; erotic conduct and its social consequences; and talking about sexuality. Class shows how TV communicates messages in each of these areas by looking at game shows, commercials, situation comedies, and others. Participants watch TV and learn how to pick out and label such messages.

Teacher/Staff: Currently an M.S.W. with several years in family planning education; others are being trained.

Target Population: Parents with adolescents and pre-teens.

Recruitment Strategies: Advertising, presentations to church, youth groups, etc., and use of their publicity channels. This is more successful than general advertising.

Problems Encountered: 1) Getting parents to come even though they have expressed interest; and 2) keeping focus of workshop general rather than specific (example: parents tend to focus on sex roles).

Types of Materials and Resources Used: 1) The program uses TV and practices viewing shows actively and talking about the shows; and 2) it gives homework assignments for use with the parents' children.

Materials Developed: 1) Introductory brochure; 2) Home Viewing Manual; and 3) Training Booklet.

Resources: TV magazines, television.

Funding Source: Department of Health and Human Services grant and one from the Inverlochy Foundation in California.

Evaluation Methods: No evaluation data yet on impact; only data on whether parents thought it was worthwhile.

SPONSOR: EXODUS CENTER, INC.

Contact Person: Alice Fisher

Address: 25 Huntington Avenue
Boston, Massachusetts 02116

Telephone: (617) 266-0612

Goals: To evolve a sense of who they are as good parents; to reinforce their sense of fitness as gay parents; to offer joint programs for gay fathers and lesbian mothers, in part to make it easier to work with former spouses; to enable them to look at special issues pertaining to gay parents; and to lessen isolation of gay parents within both gay and straight communities.

Basic Format of the Program: Special day-long conferences including various workshops. There is a large amount of structured small-group discussion and plans for using films.

Contents: Legal rights; coming out to your children; developing effective support systems; special issues of parenting (e.g., dealing with traditional institutions like schools, social agencies); and special events for parents and kids (barbeque, movies, etc.)

Teacher/Staff: Center trains parents, many of whom are already psychotherapists.

Target Population: Current gay fathers and lesbian mothers; gay adults who are considering parenthood; partners of current and potential parents; and professionals who work with those families.

Recruitment Strategies: Speaking engagements, large direct mailing, and word-of-mouth.

Problems Encountered: 1) For some people, "coming out" to conference may be "coming out" for the first time; and 2) finding time and money, especially for single parents.

Types of Materials and Resources Used: "You Just Love Your Children," Richard Jane, Philadelphia; "In the Best Interests of Children" -- film for lesbian mothers, Iris Films, California; National Lawyers Guild, A Gay Parent's Guide to Child Custody (pamphlet); and sharing of personal resources.

Materials Developed: Staff questionnaire for research and discussion.

Funding Source: All private donors.

Evaluation Methods: Staff-developed paper and pencil evaluation forms.

SPONSOR: HOLYOKE HOSPITAL FAMILY PLANNING CLINIC AND MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

Name of Program: Sexuality and Your Disabled Teenager

Contact Person: Lucy Hartry

Address: Holyoke Hospital Family
Planning Clinic
575 Beech Street
Holyoke, Massachusetts 01040

Massachusetts Department
of Public Health
Western Regional Headquarters
Morrill Hall
University of Massachusetts
Amherst, Massachusetts 01002

Telephone: (413) 536-5221

(413) 545-2563

Goals: 1) Being comfortable with yourself and with your children in the area of sexuality; and 2) allowing teens themselves to participate in a support group with other teens, both disabled and nondisabled.

Basic Format of the Program: The group meets as a support group to discuss current problems and issues involved in educating a handicapped teenager regarding sexuality. The group meets once every 3 months.

Contents: The group meets primarily to discuss problems and questions which arise at home. The format is very informal, with persons in the group raising issues they would like to discuss. The members of the group share their knowledge and experience with one another.

Teacher/Staff: A group leader from the family planning clinic serves to facilitate the discussion. No other staff is necessary.

Target Population: Parents of disabled preteens and teens.

Recruitment Strategies: The Massachusetts Department of Public Health recruited persons with handicapped children from their files. Social workers and nurses also referred interested persons to the group.

Problems Encountered: Continuity of attendance is a major difficulty. The community in which the clinic is located is very diffuse in layout, often making it difficult for persons coming from a distance to attend meetings.

Funding Source: The program requires no rental, materials, or other costs and is staffed by supportive members of the Holyoke Hospital Family Planning Clinic and the Massachusetts Department of Public Health.

SPONSOR: EDC: EDUCATION DEVELOPMENT CENTER

Name of Program: Seminars for Parents on Adolescent Sexuality

Contact Person: Ruth MacDonald

Address: 55 Chapel Street
Newton, Massachusetts 02160

Telephone: (617) 969-7100

Goals: To help parents understand the physical, emotional, and social aspects of the growth to sexual maturity; to enable them to communicate their own values about sexuality more effectively to their adolescent sons and daughters.

Basic Format of the Program: The program is conducted in a series of four or more 2.5-hour seminars.

Contents: The instructor leads discussions, introduces case studies, and distributes fact sheets. The groups discuss adolescent sexuality, contraception, pregnancy, and social pressures, in addition to ways to improve parent-child communication.

Teacher/Staff: The seminars are designed to be led by parents or other community persons.

Recruitment Strategies: The program is offered by a variety of groups nationwide so that the recruitment of groups differs.

Types of Materials and Resources Used: Tapes of case studies, articles, and fact sheets.

Materials Developed: "Leader's Guide - Seminars for Parents on Adolescent Sexuality." This booklet includes suggested agendas, discussion topics, case studies, and fact sheets.

Funding Source: W.K. Kellogg Foundation and the March of Dimes Birth Defects Foundation.

Evaluation Methods: An extensive questionnaire is distributed at the conclusion of the program.

SPONSOR: JAMES R. LUNDY, Ph.D.

A private consultant and certified sex educator by AASECT.

Name of Program: Parent and Adolescent Sex Education Program

Contact Person: James R. Lundy, Ph.D.

Address: Home: 1231 Northfield, N.E.
Grand Rapids, Michigan 49505
Office: 410 Mackinac
Grand Valley State College
Allendale, Michigan 49401

Telephone: Home: (616) 458-9758
Office: (616) 895-6611

Goals: To approach the study of human sexuality with dignity and within currently functioning values of this society; to present current research dealing with the physical, psychological, and cultural aspects of human sexuality; and to provide an opportunity to discuss and critically evaluate each individual's concerns with human intimacy and sexuality.

Basic Format of the Program: A workshop format composed of six weekly 2-hour sessions. Occasionally, it is necessary to schedule four 3-hour sessions, however.

Contents: The role of myth and superstition in human intimacy and sexuality; the physical aspects of human sexuality; the motivations and emotions involved in human intimacy and sexuality; the evolution of and change in beliefs and attitudes regarding human intimacy and sexuality; commonly experienced problems in human intimacy and sexuality; and psychopathology and human sexuality.

Teacher/Staff: James Lundy conducts this course alone.

Target Population: The target population consists of parents and adolescents within church congregations, but not exclusively. Any group of parents or adolescents or both are considered as target groups.

Recruitment Strategies: Participants are recruited primarily by word-of-mouth from church members to other congregations. In the case of nonchurch groups, mailing and media information are used.

Problems Encountered: Fear of parents that their children will be too "young" to understand the program; interestingly, the children fear that their parents will be too "old fashioned" to understand the program. This problem is managed in the recruitment procedures.

Types of Materials and Resources Used: The Psychology of Human Intimacy and Sexuality by Lundy (Ginn. Pub. Co.); Human Sexuality, Our Sexuality (Benjamin Cummings Pub. Co.); "Slide Set for Our Sexuality" (Benjamin Cummings Pub. Co.); "One Set of 50 Slides" (McCary, J. - Human Sexuality); and printed handouts of all lectures.

Materials Developed: A "Romantic Love Scale" and a "Superstition Scale" are being constructed using the workshop participants as the standardization group.

Funding Source: The program is funded by the \$200.00 fee for presenting the program.

Evaluation Methods: Participants are provided with a paper and pencil evaluation form; the form asks for evaluation of the course content and of the presenter.

Additional Comments of Contact Person: This program has been favorably received by all participants during the past 5 years. Typically, there is a request for a more "group process" type of workshop to follow the one described here.

SPONSOR: PLANNED PARENTHOOD CENTERS OF WEST MICHIGAN

Contact Person: Barb Cote, R.N., M.S.N. or Jan Lunquist

Address: 425 Cherry, SE
Grand Rapids, Michigan 49503

Telephone: (616) 774-7005 or (616) 774-7006

Goals: To promote awareness of the broad meaning of "sexuality," sexual attitudes, and sex-role stereotypes; to provide information on normal psychosexual development and behaviors of children and teens; and to develop effective communication with children about sex.

Basic Format of the Program: Format varies from a 1.5 to 2-hour single presentation for parents or for parents and children (e.g., Girl Scouts mother-daughter workshop) to a serial program of 4-8 weeks. Education series tend to be less frequently requested than single presentations.

Contents: A small group warm-up activity, a brief content presentation, a film, and discussion. Reading materials are usually brought for display or an exercise in using resources is included.

Teacher/Staff: A parent education specialist and occasionally volunteer speakers.

Target Population: Parents of pre-schoolers, pre-teens, and teens; single parents; and adoptive parents.

Recruitment Strategies: Sponsorship and "in-house" advertising, program presentation, publicity, one-to-one contact, and word-of-mouth.

Problems Encountered: Schools in the area are avoiding any sex education programs or sponsorship thereof. Some churches refuse use of their site.

Types of Materials and Resources Used: The film "A Family Talks About Sex" is used widely and in different ways depending on the population and program goals.

Materials Developed: Outlines for various programs.

Funding Source: A private foundation grant.

Evaluation Methods: A summative evaluation by the population and agency served as well as by myself.

Additional Comments of Contact Person: I have designed programs primarily for parents of pre-school and pre-teen children to win support and acceptance of the program. I have also studied the gaps left by preventive programs and have attempted to fill these. This included the compilation of a directory.

SPONSOR: ST. JOHN'S UNITED METHODIST CHURCH

Name of Program: Parent Sex Education Enterprise

Contact Person: Reverend LaVere Webster

Address: St. John's United Methodist Church
3506 Rochester Road
Royal Oak, Michigan 48073

Telephone: (313) 588-5360 or (313) 585-0352

Goals: To open lines of communication at home between parents and youth, particularly regarding sexuality, and to provide leader development in human sexuality education.

Basic Format of the Program: The program may take a workshop and/or seminar format. The workshop meets for 15 hours, while the seminar meets for 30 hours, 15 of which are the workshop. (The seminar cannot be held without the workshop.) The program was initiated in 1969 and is held 8-10 times per year.

Contents: Sex/sexuality; self (attitudes, meanings, feelings, understanding); family relationships; biology (including discovering and using appropriate language); values and decision making; and sexually transmitted diseases.

Teacher/Staff: One certified leader and 6-10 leaders-in-training.

Target Population: Primarily church-related people are involved. Parents of junior high and senior high aged youths attend sessions which parallel those their children attend. (The parents may attend even though their children do not.) Anywhere from 9-90 youths and their parents attend each workshop/seminar.

Recruitment Strategies: A mailing from conference headquarters to all churches is sent. Also, some newspaper articles have been published in Detroit regarding Methodist sex education programs. The best recruitment is done by word-of-mouth.

Problems Encountered: The greatest problem encountered is parents' fear of talking about sexuality, particularly with their children.

Types of Materials and Resources Used: Most of the materials have been designed by the program's team. A slide show produced by Reverend Webster is used in the biology section. "Sexuality: An Awareness Attitude Inventory" (Sacred Design) and Sol Gordon's Public Affairs Pamphlet, "Sex Education: The Parents' Role," are included in the program. The youth text used is Eric Johnson's Love and Sex in Plain Language.

Funding Source: The local sponsoring church pays for the event; an allowance of \$500 from the conference is allotted to St. John's in Royal Oak.

Evaluation Methods: Each participant is asked to complete an evaluation covering personal feelings about the sessions and suggested changes.

Additional Comments of Contact Person: The program staff also designs courses for adults and parents to meet their particular needs. These courses are generally 6 weeks in length, 18 hours in total.

SPONSOR: W.R. TERRELL, MPH, AASECT Certified Sex Educator

This class is offered through churches, community education centers, YWCA's, etc., under the direction of the community college system, Inver Hills, Community College, and Lakewood Community College.

Name of Program: Sex Education for Parents

Contact Person: W.R. Terrell, MPH

Address: 59 Birnamwood Drive
Burnsville, Minnesota 55337

Telephone: (612) 890-7667

Goals: To help parents and foster parents become comfortable with their own sexuality; to provide them with factual information about human sexuality; and to offer parents communication skills that will help them communicate their own values as well as factual information to their children.

Basic Format of the Program: The course, now in its third year, consists of four 2.5-hour sessions, each about equally divided between lecture and dyadic or small group experiential exercises. The course is scheduled as often as groups are put together, usually six or seven times per year.

Contents: Desensitization to sexuality by using sexual humor; anatomy; fertility and birth control; values; communication skills; sexually transmitted diseases; child abuse and incest; referrals; and sources of help.

Teacher/Staff: W.R. Terrell, MPH, AASECT Certified Educator and Counselor.

Target Population: The course is generally offered to a population of parents without regard to the age of the children. Specifically modified designs are offered once a year for foster parents and for school nurses. The foster parent program is underwritten by the accrediting agency for foster parents and meets the requirements for their required continuing education. The design for school nurses meets the requirements for 10 contact hours of continuing education by the Minnesota State Board of Nursing.

Recruitment Strategies: The promotion is handled by Inver Hills Community College. They use direct mail, news releases in local area papers, and public service radio and television.

Problems Encountered: Finding local organizations willing to cooperate, accept the concept of the program, and provide a location for the course has created some difficulty. This is becoming less of a problem because of the high evaluations given by parents who have taken the course.

Types of Materials and Resources Used: Slides, motion pictures, handouts, texts, and pamphlets are used. Learning About Sex by Kelly and Sex Education: The Parent's Role by Gordon are used frequently.

Evaluation Methods: The college uses a standardized evaluation form tapping satisfaction with the instructor, content, and manner of presenting material.

Additional Comments of Contact Person: I have found that the classes follow a pattern of first-night confusion and in some cases anger, usually by fathers, and then a steady building of confidence and letting down of barriers. In 3 years, only one parent has not completed the program. I find this to be one of the most satisfying classes that I teach.

SPONSOR: MIDWEST HEALTH CENTER FOR WOMEN

Name of Program: Parents as Sex Educators

Contact Person: Cheri Rolnick, Program Director
Char Baker, Health Educator.

Address: Midwest Health Center for Women
Metropolitan Medical Office Building
825 South 8th Street, Suite 902
Minneapolis, Minnesota 55404

Telephone: (616) 332-2311

Goals: "Parents as Sex Educators" is designed to help parents become more "askable" to their children about issues of sexuality.

Basic Format of the Program: Three 2-hour sessions.

Contents: Knowledge topics: birth control, pregnancy alternatives, and venereal diseases. Attitudes: current climate in which sexual knowledge is learned (media, environment, school); myths associated with sexuality; and a film "A Family Talks About Sex." Communication: discussion of questions young people ask.

Teacher/Staff: A health educator teaches the program.

Target Population: The program is offered to preexisting parent groups.

Recruitment Strategies: The center has approached preexisting parent groups and has tried to offer the program through adult community education.

Problems Encountered: The Midwest Health Center for Women has had trouble finding acceptance for the program among any but preexisting parent groups and has faced very limited response to their offerings in adult community education brochures.

Types of Materials and Resources Used: Brochure on parents as sex educators and a description of the sessions offered by the program.

Materials Developed: Various exercises and a contraceptive quiz.

Funding Source: A Family Planning Grant.

Evaluation Methods: An evaluation takes place at the end of the third and final session on participants' expectations and satisfaction.

SPONSOR: ARCHDIOCESE OF ST. PAUL-MINNEAPOLIS, CATHOLIC EDUCATION CENTER

Name of Program: Reverence for Life and Family Program: Catechesis in Sexuality

Contact Person: Jack Bork

Address: 328 W. 6th Street
St. Paul, Minnesota 55102

Telephone: (612) 291-4511

Goals: To deal with meaning of sexuality in the context of fundamental Christian values; to allow parents to go through the course before their child in order to support parents as primary sex educators; and to simultaneously train parents and teachers.

Basic Format of the Program: Small group discussion and coverage of the students' course. Five 2.5-hour sessions (15 lessons total).

Contents: Christian love and marriage; being born into family and Church (biological: sex characteristics, terms, biology of reproduction); from child to adult; sexual integration and wholeness; self esteem and intimacy; challenges to integration (sexual fantasies, pornography, masturbation); responsibility of relationships (exploitation, friendship, love vs. infatuation). Other topics: dating, consequences of sexual activity, Christian morality, essentials of Christian marriage (natural family planning), respect for human life (abortion), decision making (developing a Christian conscience), facing peer pressure, and following the way of Christ.

Teacher/Staff: Adult education professionals (majority are lay people; some are clergy).

Target Population: Parents of 9th graders (designed for this level); and parents of 8-12th graders.

Recruitment Strategies: Word-of-mouth within parish and parochial schools. (National coverage also helped stimulate local and national interest.)

Problems Encountered: Initially there was internal opposition because the topic is sex, but media coverage of teen pregnancy and growing awareness of problems has helped promote participation.

Types of Materials and Resources Used: Five videotapes; a program manual for teachers; a Spirit Master book for the local parish (all student exercises); Parent-Teacher Background Resource book; the film "The First Days of Life" (intrauterine development).

Materials Developed: Videotapes.

Funding Source: Archdiocese-sponsored.

Evaluation Methods: In pilot stage primarily.

Additional Comments of Contact Person: The program is now being used in 21 States and Canada. An ecumenical version is also being developed.

SPONSOR: PEER EDUCATION HEALTH RESOURCES

Provides training, curriculum development, and programs in preventive health education.

Name of Program: Parent Sexuality Seminar

Contact Person: Catherine Jordan

Address: Peer Education Health Resources
1600 Portland Avenue
Saint Paul, Minnesota 55104

Telephone: (612) 646-3395

Goals: To facilitate parents' ability to communicate with their children about sexual issues.

Basic Format of the Program: The seminar includes eight 2-hour sessions scheduled weekly, combined in a weekend, or any other flexible arrangement.

Contents: Personal sexuality awareness, information about health concerns and resources, and a support group for parents of children and adolescents.

Teacher/Staff: Paul Cashman, Ph.D., Professor of Speech Communications, University of Minnesota; Catherine Jordan, M.A., Adolescent Health Educator; Susan Hartman, M.A., Family Life Educator, Family and Children's Service of Minneapolis; and Sandra Valle, R.N., Community Health Educator.

Target Population: Parents in Ramsey County, Minnesota.

Types of Materials and Resources Used: Brochures describing all services available (i.e., Peer Education Health Resources and Teen Age Health Consultants).

Funding Source: Minnesota State Health Department Family Planning Special Projects Fund.

SPONSOR: FAMILY GUIDANCE CENTER/COMMUNITY MENTAL HEALTH CENTER

Name of Program: Parent Child Sex Education

Contact Person: Lynn Peterson

Address: Family Guidance Center
Corby Building
5th and Felix Streets
St. Joseph, Missouri 64501

Telephone: (816) 364-1501

Goals: To present human sexuality facts and allow exploration of feelings, beliefs, and values regarding human sexuality with youth ages 9-17 and their parents; to support parents who want to be involved in the sex education of their children; to help them establish and reinforce their credibility and availability for future questions and concerns that their children will have; to allow parents and children to participate together in sex education in order to strengthen the parent-child relationship and facilitate parent-child communication on the topic of sexuality; to focus on communication, decision-making, and relationship-building skills.

Basic Format of the Program: Courses are designed for girls ages 9-12 and 13-17 and boys ages 9-12 and 13-17. Generally, mothers attend with their daughters and fathers attend with their sons. However, in some instances mothers have participated with their sons or a parent substitute (grandparent, adult friend, or aunt or uncle) has attended with the child. The courses for 9-12-year-olds meets weekly for five 2-hour sessions. The adolescent course consists of six 2-hour sessions.

Contents: Reproductive anatomy and physiology, body changes during puberty, health and hygiene, reproduction, pregnancy and childbirth, and parenthood are discussed in all courses. The adolescent curriculum also includes discussion of venereal disease, birth control, dating, and teenage pregnancy. Value clarification and communication and decision-making skills are emphasized in all four courses. Group activities, films, mini-lectures, discussions, and games are structured to allow both parent and child to have fun together as well as to learn. The classes, consisting of 20 persons (10 parent-child pairs), provide an opportunity for interchange of ideas and feelings among parents and youth in a relaxed, non-threatening atmosphere.

Teacher/Staff: Family life educators or family planning counselors.

Target Population: Parents and children aged 9 through adolescence in St. Joseph and rural surrounding counties.

Recruitment Strategies: Classes are generally co-sponsored by other groups in the community (PTA, church, Girl/Boy Scout, sorority, YMCA/YWCA groups, etc.). These groups usually provide the facility, equipment, publicity, and recruitment while the Center provides the teaching staff and materials.

Problems Encountered: Basic problems revolve around scheduling issues (conflicts with other community or school activities, holidays, and cancellations due to weather or staff traveling problems). Classes are taught at night; staff are allowed compensation time.

Types of Materials and Resources Used: A complete list of charts, models, films and filmstrips, pamphlets, activities, and games is found in the course manual.

Materials Developed: The course manual Parent-Child Sex Education: A Training Module was developed as a teaching aid for sex educators. It includes course outlines, mini-lecture notes, descriptions of games and activities, and suggested films, pamphlets, and teaching aids.

Funding Source: Class fees. This program is also receiving assistance through a Mathtech, Inc. project funded by the Centers for Disease Control, to evaluate exemplary sex education programs.

Evaluation Methods: At the end of the course, participants (parents and children) evaluate what they liked and didn't like about the course. An evaluation form is provided in the course outline.

SPONSOR: PLANNED PARENTHOOD OF ST. LOUIS

Name of Program: How to Be An Askable Parent

Contact Person: Anne Cox, M.A., Family Life Educator

Address: 2206 South Hanley Road
St. Louis, Missouri 63144

Telephone: (314) 781-3800

Goals: To help ~~parents~~ become more at ease and better informed as they talk with their children about sexual matters.

Basic Format of the Program: Lecturettes and small and large group discussions. Format choices are: parents-only series; parents and children series (together); parents and children series (separately and combined); one 2-hour session, using film as a basis with which to discuss basic parent-child communication; mother-daughter workshop; and father-son workshop.

Contents: Parent-child communication; attitudes and values about sexuality; self-esteem and goals for youth; human reproduction and anatomy; myths about sex; children's literature; homosexuality; and sex education in schools.

Teacher/Staff: Ann Cox, M.A., AASECT-Certified Sex Educator, and Jim Hickman, Education Specialist, Counselor.

Target Population: All parents with children ages 1 to 21.

Recruitment Strategies: Brochures, radio interviews and spots, letters to ministers and rabbis, and mass mailings of brochures to service agencies, schools, churches, etc.

Problems Encountered: There is a need for single-parent sexuality to be addressed. There was a need for a male-female team, but this is now being met. Attendance during a series was inconsistent which broke the continuity for participants and made it tougher for leaders.

Types of Materials and Resources Used: Guest speakers (especially gay speakers), films, and literature packets for each parent or couple.

Funding Source: The program was funded by the regular Planned Parenthood budget; literature and films were funded by a local private foundation.

Evaluation Methods: We used quick feedback sheets at the end of each session; extensive evaluation forms at the end of each course; and follow-up calls after 3 months to find out if parents and children were having better communication about sexuality.

SPONSOR: METAMORPHOSIS

A Center for Change and Wellness. A private consulting firm presenting training and parent sex education training.

Contact Person: Karen McMullen

Address: Metamorphosis
P.O. Box 9435
Missoula, Montana 59802

Telephone: (406) 549-5242

Goals: To provide parents with an opportunity to share their feelings and fears and to learn how to deal with problems regarding their children's sexuality in an open environment where questions are encouraged.

Basic Format of the Program: Varies according to the needs and interests of the group requesting the sessions, their ability to pay, etc. Typical sessions are 2 hours a week for 6 weeks, 4 hours in one evening, or 2 hours a week for 4 weeks.

Contents: Elicit expectations and interests of participants by having them break into small groups and generate lists of what they want to learn. Incorporate interests into course outline, questions and answers, and discussions. Present exercises which help to increase the comfort level of parents in dealing with sexuality issues - small group sharing of experiences regarding their own sex education, situations with their children, etc. Topic areas include: myths, values clarification, and communication. Also, the "Are You An Askable Parent?" quiz is administered. The main thrusts are: 1) to help parents realize that they must help their own children not to be victims of misinformation or misconceptions; 2) to help parents realize that they are the primary sex educators of their children; 3) to encourage honesty and sincerity among parents in their communications with their children; and 4) to examine "askability" scores for parents and suggest ways to improve parents' ability to deal with sexuality issues with their children.

Teacher/Staff: Karen McMullen.

Target Population: Adult organizations and preestablished parent groups such as school organizations, campfire groups, head start, and private groups (churches, social clubs, etc.).

Recruitment Strategies: Groups come to Ms. McMullen to request classes from her.

Problems Encountered: Sessions are attended by mothers to a much greater extent than fathers. Fathers need to be involved to learn the same kinds of skills that mothers attending these sessions learn.

Types of Materials and Resources Used: A values clarification survey and the "Are You An Askable Parent?" quiz.

Funding Source: Groups pay for time of the consultant.

SPONSOR: AMMONOOSUC FAMILY PLANNING PROGRAM, INC.
In conjunction with existing Social Service Agencies.

Name of Program: Talking to Your Children About Sex

Contact Person: Norrine A. Williams, Executive Director
Polly A. McLaughlin, Community Health Educator

Address: Ammonoosuc Family Planning Program, Inc.,
9 Cottage Street
Littleton, New Hampshire 03561

Telephone: (603) 444-2464

Goals: To create a network of "askable" parents to help check the increase of unwanted pregnancies; to help parents develop positive attitudes toward sexuality in their children.

Basic Format of the Program: Joint or individual "minicourses" with preexisting groups which meet in 1.5-hour weekly sessions for 3 weeks.

Contents: Knowledge topics: Reproduction, growth, and development; things children should know before entering first grade. Attitudes: Common myths; how to gain confidence in your ability to explain sexuality; how to explain and teach values, morals and responsibility; what does love mean; dating. Communication: What are your best resources; how to talk to your children about sex from tots to teens - where to begin; how to answer the difficult questions; how to encourage talking when children get older.

Teacher/Staff: Norrine Williams, Director; Polly McLaughlin, Community Health Educator.

Target Population: Parents in rural northern New Hampshire (especially interested parent groups).

Recruitment Strategies: The family planning agency worked to develop contact with local community organizations (schools, parent/teacher groups, churches, day care and head start programs, libraries and bookstores, home health agencies, and county extension services) and thus have developed a network of interested parents and group leaders to promote and support the parent education in sexuality programs. Sessions are usually offered on request from groups or in conjunction with an agency's ongoing program.

Problems Encountered: In 1975, the Ammonoosuc Family Planning Program started a concerted effort to develop an education program for parents. The previous year a vocal New Hampshire governor had closed down the family planning office to prevent distribution of oral contraceptives to teens. They had to work very hard to overcome the notoriety of his action and to engender trust and legitimacy among community members.

Types of Materials and Resources Used: Three movies: "A Family Talks About Sex," "Are You Ready for Sex?," and "Values on Dating"; course descriptions, outlines, promotion fliers, resources bibliography, and an evaluation form.

Funding Source: The Ammonoosuc Family Planning Program provides the parent programs free of charge.

Evaluation Methods: Questionnaires are filled out by program participants to discover their reactions to contents, materials, and group leaders.

SPONSOR: CAPITAL DISTRICT COUNCIL ON HUMAN SEXUALITY
12 South Lake Avenue
Albany, New York 12203

Name of Program: Beyond the Birds and the Bees
Helping Parents Discuss Sex With Their Children

Contact Person: Ms. Karen E. Osborne, Director

Address: Study Circle Consortium
Room 234M/State Education Building
Albany, New York 12234

Telephone: (518) 463-7226

Goals: To help parents understand their children's sexual development and feel comfortable discussing sexual issues with them.

Basic Format of the Program: A study circle is a low-cost, learner-centered, democratic method of nonformal education for adults. Groups of 5-20 people with a common interest join together to study a particular topic. They learn from each other and prepare materials and other resources. A trained facilitator helps the group set and meet its goals, encourages active participation by all in the group, and assists in securing additional resources as needed. Facilitators lead; they do not teach. Most circles use a study guide designed specifically for use by study circles. The guides provide a framework for discussion and include some content. However, there is no externally set body of knowledge to "cover" and no learning outcomes to be achieved. There are no examinations and no marks. The participants identify their own needs, concerns, and learning objectives. Study circles usually meet for 1-2 hours once a week for 8-12 weeks.

Contents: In a study circle parents examine their own experiences; learn developmental facts about children's sexuality; and discuss a series of thought-provoking vignettes describing actual situations in which parents and children find themselves.

Teacher/Staff: The parents themselves are the teachers. A study guide and a bibliography developed by the Council are also used. Experts can be called in at the discretion of the participants during any study circle session.

Target Population: Parents of children 18 and under.

~~Recruitment Strategies: Publicizing the program with professionals who deal with parents and who will, in turn, help parents start parent groups.~~

Problems Encountered: The Council is a volunteer organization. Membership consists of professionals with full-time jobs. Recruitment, publicity, and follow-up is, therefore, difficult.

Types of Materials Used: "Beyond the Birds and Bees" is a collection of four colorful booklets designed for parents of children aged 0-5, 5-9, 9-13 and 13-18. Each booklet describes the study circle concept; presents a general, common sense approach to the sex education of children; offers sexual developmental information for children of the target age group; and concludes with a series of thought-provoking vignettes designed to stimulate discussion and to help parents work out actual sex-related situations. The materials are available at \$1.00 each or \$3.00 for the set of four.

Materials Developed: Beyond the Birds and the Bees.

Funding Source: The Capital District Council on Human Sexuality is a nonprofit membership organization.

Evaluation Methods: The Consortium offers evaluation services to any parent group using the study circle approach.

SPONSOR: NEW YORK CITY BOARD OF EDUCATION

Name of Program: Parent Seminars in Family Living and Sex Education

Contact Person: Melvin R. Warren, Assistant Director

Address: Division of Curriculum and Instruction
Board of Education of the City of New York
Health and Physical Education Unit
347 Baltic Street
Brooklyn, New York 11201

Telephone: (212) 852-0111

Goals: To involve parents in open, supportive, and thoughtful sessions dealing with questions that surround their children's emerging sexual identities. A central purpose is to help parents understand the physical, emotional, and social aspects of the growth of sexual maturity, as well as to enable them to communicate their own values about sexuality more effectively. It is hoped that more open communication between parents and their children will help youngsters make wiser decisions about their sexual behavior.

Basic Format of the Program: Various programs are offered involving 240 elementary schools, 40 junior high schools, and 30 senior high schools.

Contents: Parent orientations explore family living/sex education program objectives and methods for public school students. Parent and community workshops establish a parent outreach and education program to organize and conduct training sessions for other parents. A community resource referral network works with guidance counselors to contact all health, family planning, counseling, and youth-serving agencies in the community and to consolidate them into an efficient school referral network (particularly for sexually active adolescents and their parents). A district school health advisory council works with school personnel, parents, and the community to develop an advisory board composed of representatives of local public and private agencies and organizations concerned with school health and family living/sex education. The purpose of the council is to help establish family planning and sex education within the context of school health and to provide broad community perspective and support. The council should meet regularly with program staff and school professionals to review program direction and progress, and to suggest new emphases, linkages, opportunities, and special programs.

Teacher/Staff: Project director with senior-level credentials in administration, teaching, and teacher-training, with specific expertise in family living/sex education. Ten community resource coordinators who are paraprofessional community residents, are active in community affairs, and have organizational and administrative skills. Consultants with demonstrated expertise in one or more areas of family living/sex education to work with teachers and counselors as well as parents and students.

Target Population: Ten New York City school districts.

Recruitment Strategies: Program staff works with parent organizations in each district to conduct orientation sessions before community organizing and professional training activities begin. Parent outreach and education programs are established in the participating schools through orientation meetings and workshops. The trained parents emerging from this group in turn organize and conduct training sessions for other parents.

Types of Materials and Resources Used: "Starting a Healthy Family Program" and March of Dimes.

Funding Source: Bureau of Health Education and Services, New York State Department of Education.

Evaluation Methods: The program will be monitored and evaluated on a continuing basis by the Board of Education's Office of Education and Evaluation using a series of pre/posttests, as well as detailed reports from participants. Four main outcomes will be considered in the evaluation: 1) awareness of recent facts and statistics about adolescent sexual activity and the incidence of adolescent pregnancy in New York City; 2) improving parent communication with their children about issues of human development, sexuality, and decision making; 3) appreciating the appropriate roles for parents, schools, churches, and other community agencies in Family Living/Sex Education; and 4) developing an informed ongoing support group for parents, school administrators, teachers, and children.

SPONSOR: PLANNED PARENTHOOD OF NEW YORK CITY, INC.

Name of Program: Parent Education Program

Contact Person: Shirley Oliver, Director

Address: Planned Parenthood of New York City, Inc.

161-10 Jamaica Avenue, Room 617
Jamaica, New York 11432

380 Second Avenue
New York, New York 10010

Telephone: (212) 526-5990

Goals: To enable parents and those in parenting roles to educate their children on the topic of sex, values, relationships, and birth control by: 1) improving communication skills, 2) arming parents with facts, and 3) supporting family value systems by helping parents clarify values.

Basic Format of the Program: All presentations and workshops are done by professionally trained community outreach workers who are specially skilled in the areas of communication and human sexuality. Films and up-to-date materials are used. All sessions are developed around the needs of the audience and handled with sensitivity. We also have a Parent Hot-Line (212) 677-2301. This is a free service available to all who care for children -- parents and professionals.

Contents: We offer introductory workshops; 2 to 6-week workshops on parenting skills and sexuality; family workshops (parents and children); parent workshop; mother/daughter workshops; father/son workshops; single parent workshops; surrogate parent workshops (guardians of children); working parents workshops (on job site); and professional workshops (teachers, trainers, counselors, nurses, doctors, etc.).

Teacher/Staff: Shirley Oliver, Director, Trainer and Sex Educator
Nancy Langer, Community Outreach Worker and Sex Educator.

Target Population: Parents and guardians of children who live in and away from their homes, including those in long-term childhood institutions and hospitals.

Recruitment Strategies: Major mailings to all five boroughs in New York City, radio, TV, newspaper coverage, calendar of events and registration forms, and community outreach work.

Types of Materials and Resources Used: Films, books, visual aid charts, video tape, TV, recorder, and tape.

Materials Developed: Workshop curriculum and visual aid charts.

Funding Source: New York State Department of Health, Bureau of Family Planning, New York Foundation.

Evaluation Methods: Pre/posttests.

SPONSOR: BLUE CROSS BLUE SHIELD OF GREATER NEW YORK

In conjunction with the Greater New York Chapter of the National Foundation/March of Dimes.

Contact Person: Toby Karpel, R.N., Coordinator, Health Education Center

Address: 3 Park Avenue
New York, New York 10016

Telephone: (212) 481-2323

Goals: To educate parents and to enhance parent-child communication so that parents can provide their children with appropriate information and effective guidance on sexuality issues.

Basic Format of the Program: The program was offered once in January 1980 and consisted of four 2.5-hour workshops.

Contents: The program offered information on human growth and development, communication skills, and local service agencies that provide guidance for youth. Discussions allowed parents to discuss sexuality and their children in a supportive atmosphere.

Teacher/Staff: Linda Lantieri, a consultant to the New York City Board of Education.

Problems Encountered: The program has not been offered again because of the small number of parents who attended.

Evaluation Methods: Written evaluations by the participants demonstrated a positive reaction to the program.

SPONSOR: MATERNITY, INFANT CARE - FAMILY PLANNING PROJECT, NEW YORK CITY

Name of Program: Askable Parents Project

Contact Person: Karen Berry

Address: 225 Broadway
17th Floor
New York, New York 10007

Telephone: (212) 267-0900

Goals: To strengthen the family unit by enabling parents to better communicate with their children about growth and development, human sexuality, and sexual responsibility; to assist community agencies to educate adolescents about sexuality and responsible decision-making.

Basic Format of the Program: Weekly 3.5-hour sessions to train 70 parents who are teen group leaders for other parents. The Gestalt model of learning in which participants freely express ideas and look at each other as resources is used as well as panels, theater, and small groups, but not many films.

Contents: Growing up today and how parents can help; communicating family values and general communication; facts and myths in sexual learning; and resources parents can use.

Teacher/Staff: Highly trained sex educators, teen theater groups, experts in small groups.

Target Population: 1) Five high-risk (for teenage STD and pregnancy) health districts in New York City (Harlem, South Bronx, Jamaica, Bedford-Stuyvesant, Brownsville); and 2) parents of 10 to 14-year-old children.

Recruitment Strategies: The first year was spent training parent leaders and the staff is now moving into recruitment of other parents, mostly by working with other groups, the South Bronx Housing Authority, and the Girls' Clubs of the Bronx.

Problems Encountered: Overall, few problems. Not enough staff for administrative support to the five target sites.

Types of Materials and Resources Used: Teen theater, skilled leaders, Changing Bodies, Changing Lives as text (parents adored it!), ten books as door prizes to promote attendance, 3x5 cards with questions, and newsprint.

Materials Developed: Three training manuals: Facilitators' Manual; Curriculum Structure Manual, and Facilitators' Manual for Parent-Led Groups.

Funding Source: Title X.

Evaluation Methods: Formative evaluation for parent-led sessions is intended, but not yet completed.

Additional Comments of Contact Person: Parents who are trained as leaders of parent groups are paid stipends of \$15 for each session that they attend for training or that they lead for other parents.

SPONSOR: MATHTECH, INC. AND CENTER FOR POPULATION AND FAMILY HEALTH

Name of Program: Curso De Educacio Sexual Para Padres De Familia

Contact Person: Aurea Martinez

Address: Columbia University
Center for Population and Family Health
60 Haven Avenue
New York, New York 10032

Telephone: (212) 694-6976

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Two courses consisting of three workshop sessions on three consecutive Sundays. A mixture of presentations, exercises, discussions, films, and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, the social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children and how to impart their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Aurea Martinez and Arturo Del Pino.

Target Population: Hispanic parents of puberty-aged children.

Recruitment Strategies: Short lectures at PTA meetings at different schools; church groups and community agencies; telephone follow-ups and reminder letters.

Problems Encountered: The Church setting presented problems of physical space and limited participation by nonchurch members. Winter is not the best time to hold courses because of heating expenses and transportation problems. Some participants found the evaluation of the program overwhelming.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson). Body Concept Diagrams to teach male/female Anatomy, Reproductive System Diagrams for Menstrual Cycle and Ovulation.

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences. Body Concept Diagrams.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: THE PARENTING CENTER OF THE 92ND STREET YOUNG MEN'S AND YOUNG WOMEN'S
HEBREW ASSOCIATION

Name of Program: Concerning Adolescence

Address: 92nd Street Young Men's and Young Women's Hebrew Association
Parenting Center
1395 Lexington Avenue
New York, New York 10028

Telephone: (212) 427-6000

Goals: To provide parents with an opportunity to find out the facts and then relay them to their children; to help parents deal with their own sexuality.

Basic Format of the Program: A workshop format is followed and consists of five 2-hour meetings in the evening or one full-day session. The course is offered once per semester (three times per year).

Contents: Presentations cover topics that parents should feel comfortable discussing with their children: physiology, sex education in school, sexism and sexuality in advertisements, music, and popular culture. Presentations are followed by discussions.

Teacher/Staff: The Director of the program conducts the course, assisted by group leaders from the program staff.

Target Population: Parents already involved in the YMHA in some capacity tend to participate, although participants are not limited to a particular population sector.

Recruitment Strategies: Mailings to clients, day care centers, and private and public schools. The course is also publicized through talks given to community groups by representatives of the Parenting Center.

Types of Materials and Resources Used: The content of the course varies somewhat each time it is offered and, thus, the materials vary. Films are frequently used. Planned Parenthood personnel and local sex counselors are frequent guest speakers. The Parenting Center also has a resource center for parents to use to obtain information.

Funding Source: The course is funded by private funds from foundations in the New York area.

Evaluation Methods: An evaluation instrument is administered which is designed to tap satisfaction with course content and presentation style.

SPONSOR: PLANNED PARENTHOOD OF ROCHESTER AND MONROE COUNTY, INC.

Name of Program: Parenting Program

Contact Person: Mary Krell, Education Director

Address: 24 Windsor Street
Rochester, New York 14605

Telephone: (716) 546-2595

Goals: To increase parents' awareness of children's sexuality; to increase parents' knowledge of children's psychosexual development; to improve communication skills of parents and children; to strengthen understanding of parents' own sexuality; and to acquaint parents with community resources.

Basic Format of the Program: Sessions ranging from 1.5 hours to full day.

Contents: Short lectures, discussions, audiovisual materials, self-assessment tools, and values clarification and communication exercises. Topics include: childhood development and behavior; development theories (Erikson and Piaget); source of values (school, church and home); interpersonal relationships; communication; and female/male roles.

Teacher/Staff: Agency education department staff and/or speakers' bureau volunteers facilitate workshops.

Target Population: Single and married parents and potential parents of children in infancy through college age.

Recruitment Strategies: Word-of-mouth; recommendations by agency's staff; PPRMC's Resource Guide; fall mailing to community agencies; schools; fliers; and public service announcements.

Problems Encountered: Parents have a hard time understanding that their children need planned sex education. There is never enough time to cover all the material or answer all of the questions.

Types of Materials and Resources Used: Audiovisual materials, self-assessment tools, curriculum guidelines, and bibliographies.

Materials Developed: Eleven program packages which are curriculum guidelines for staff to use when presenting programs. These packages are available for purchase as guidelines for health and social service professionals to use when presenting their own programs. Bibliographies: Books to Read to Children; Books for Preteens and Early Teens; Books for Teens 16-18.

Funding Source: Community Education budget of PPRMC, registration fees determined on sliding scale, revenue from sale of program packages, and honoraria.

Evaluation Methods: Done upon request--usually another program is presented following the initial one.

SPONSOR: MATHTECH, INC. AND ST. JOHN'S THE EVANGELIST PARISH

Name of Program: A Catholic Approach to Parent Sexuality Education

Contact Person: Father Matthew A. Kawiak, D. Min.
Ms. Susan K. Sullivan, M.S.

Address: St. James Church
109 Brockley
Rochester, New York 14609

Telephone: (716) 458-8754; (716) 482-9796

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide parents with a basic understanding of the physical, cognitive, moral, and psycho-sexual development of children; to provide parents with the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents clarify the Catholic Church's teaching on sexual morality; to teach parents basic communication skills necessary for educating their children about sexuality; to provide parents with basic sexual terminology; and to help parents integrate their own spiritual development with their sexual lives.

Basic Format of the Program: Weekend retreats consisting of 12 hours of instruction. A mixture of presentations, exercises, discussions, films, and speakers are employed.

Contents: Parents review their own sex education, the values taught by the Catholic Church, their values in comparison with the current sexual milieu in America, and their feelings about sexuality. They are taught about normal sexual behavior at different ages, the emotional needs of children at different ages, social needs of children at different ages, the physical changes throughout childhood, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. They will have the opportunity to discuss and ask questions about issues at home that are or may crop up at home: nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, abortion, sexuality of their children, and ways to impart their values to their children. Parents develop and practice listening skills, communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Rev. Matthew A. Kawiak, D.Min., AASECT-Certified Sex Educator; member: National Catholic Education Association, AAMFT clinical member. Susan K. Sullivan, M.S.; member: National Catholic Education Association, American School Health Association, and AASECT.

Target Population: Catholic parents (both singles and couples) with children 7-11 years old.

Recruitment Strategies: Recruitment encompasses a 5-week program which includes eliciting the support of the parish staff which is most significant in recruiting people from a parish and involving volunteers from the community to develop posters, fliers, bulletin announcements, and personal contacts with the target group. Additional techniques helpful in sponsoring a retreat include: personal letters by the retreat and parish staff members to the target parents and informational talks by the retreat or parish staff at PTA, school open house, or committee meetings that deal with family life.

Problems Encountered: Lack of appropriate materials (films and books on sexuality) for Catholic parents who share a particular moral teaching of their Church.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire and pre/posttest audiotapes of parent/child conversations about sexuality.

SPONSOR: REVEREND MATTHEW A. KAWIAK, SUSAN SULLIVAN

Name of Program: Parents Talk Love - A Catholic Approach to Parent Sexuality Education

Contact Person: Reverend Matthew A. Kawiak, D.Min., Susan K. Sullivan, M.S.

Address: St. James Church
109 Brockley
Rochester, New York 14609

Telephone: (716) 458-8754, (716) 482-9796

Goals: Overall goal: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their sexual attitudes and recall their own education about sexuality; to provide parents with a basic understanding of the physical, cognitive, moral and psycho-sexual development of children; to provide parents with the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents clarify the Catholic Church's teaching on sexual morality; to provide parents with basic sexual terminology; to teach parents basic communication skills necessary for educating their children about sexuality; and to help parents integrate their own spiritual development with their sexual lives.

Basic Format of the Program: A weekend retreat, usually in a parish setting, consisting of 15 hours of instruction, held on 1) Friday evening and all day Saturday, or 2) Saturday and Sunday. This format is adaptable to a Retreat Center.

Contents: A mixture of presentations, exercises, discussions, films, and talks. Parents review their own sex education, the Catholic Church's teaching on sexual morality, their values in comparison with the current sexual milieu, and their feelings about sexuality. They are taught about normal sexual behavior at different ages; the emotional needs of children at different ages, social needs of children at different ages, the physical changes throughout childhood, puberty, reproduction, developmental sex differences, common myths, normal body variations, masturbation, fantasy, contraception including natural family planning, homosexual concerns, and the probability of becoming pregnant. Parents will have the opportunity to discuss and ask questions about issues that occur in their homes. Parents discuss their attitudes about gender roles, acceptable sexual behavior at different ages, sexuality of their children and ways to impart their values to their children. Parents will develop and practice listening skills, communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teachers/Staff: Reverend Matthew A. Kawiak, D.Min., AASECT-Certified Sex Educator, Member: National Catholic Education Association, (AAMFT clinical member). Susan K. Sullivan, M.S. (cand.) AASECT member, Member: National Catholic Education Association and American School Health Association.

Target Population: Catholic parents (both singles and couples) with children 0 to 18 years old.

Recruitment Strategies: Recruitment may be developed through a parish education or family life committee, through a parochial school, or through Diocesan offices.

Funding Source: The program may be funded by parent contributions or by local parish or Diocesan funding.

Additional Comments of Contact Person: This retreat represents a major movement within the Catholic Church to respond to the need to provide sex education in the home. Enthusiastic parents who have participated in this retreat have volunteered to participate in a training program in order to carry on this education on a parent-to-parent level.

SPONSOR: COMMUNITY SEX EDUCATION CENTER
A Planned Parenthood Affiliate.

Name of Program: Sex Education for Parents

Contact Person: Linda R. Oken, Assistant Director of Education, and Marilyn Lyman.

Address: Community Sex Education Center of the Planned Parenthood Center
1120 East Genesee Street
Syracuse, New York 13210

Telephone: (315) 475-5525

Goals: To help parents in their roles as sex educators of their children.

Basic Format of the Program: The program was begun January 1974. We conduct an average of 30-50 sessions per month with 4-8 sessions per program.

Contents: The following unit topics are covered: Human sexuality (sex education - a lifelong process); building self-esteem (male and female roles and parenting - mothering, fathering, or being the only parent); the preschool years (early questions); off to school (5 to 8-year-old children and their concerns); growing up (8 to 12-year-old children); adolescence; letting go (adult maturity); and sex education outside the home.

Teacher/Staff: Planned Parenthood staff conduct the workshops.

Target Population: Most participants are parents of preschoolers and elementary school-aged children.

Types of Materials and Resources Used: Appropriate bibliographies are distributed following each session; the pamphlet Sex Education at Home (Community Sex Education Center of the Planned Parenthood Center); various films such as "A Family Talks About Sex" and "Old Enough to Know"; and occasional guest speakers and other members of the Planned Parenthood staff.

Materials Developed: A pamphlet entitled "Sex Education at Home."

Funding Source: The Syracuse General Electric Employee Federated Community Service Fund.

Evaluation Methods: A general, open-ended evaluation is conducted in which participants are asked to write down what they liked best about the sessions and what additional areas could be covered.

SPONSOR: THE FLEMING CENTER

A private resource center for sexual health.

Name of Program: Parent and Teen Day

Address: The Fleming Center, Inc.
3613 Hawthorne Drive
Raleigh, North Carolina 27609

Telephone: (919) 781-5550

Goals: To bring parents and teenagers together to explore better ways to communicate about adolescence and peer pressure, relationships, and sex.

Basic Format of the Program: One 3-hour workshop.

Contents: Adolescence, peer pressure, relationships, sex, a film: "How to Tell If You're Really in Love."

Teacher/Staff: Dr. Fleming.

Target Population: Parents in Raleigh, North Carolina.

Recruitment Strategies: Description of program in the Fleming Center Newsletter.

Materials Developed: Newsletter, film.

Funding Source: Fees from participants.

Evaluation Methods: An evaluation form testing knowledge and satisfaction is given to participants.

SPONSOR: PLANNED PARENTHOOD ASSOCIATION OF CINCINNATI, INC.

Contact Person: Sally Dine Fitch

Address: Planned Parenthood Association of Cincinnati, Inc.
2406 Auburn Avenue
Cincinnati, Ohio 45219

Telephone: (513) 721-7635

Goals: To help parents become more knowledgeable about sexual, psychological, and emotional stages of children; to improve communication between youths and parents; and to help parents become more aware of their own attitudes and feelings regarding sexuality.

Basic Format of the Program: A number of different programs for parents are offered. The programs are flexible in order to meet the needs of the participant group. The length of the workshop, for example, is specified by the participants. Sessions ranging from a 13-week period to a 3 to 4-hour meeting have been held. One standard type of offering is for church groups, in which parents and teens meet together for the first and last sessions of an adolescent workshop to facilitate open communication and sharing of information between parent and child. A workshop with concurrent sessions for parents and children to encourage the exchange of experiences is also held. Workshops for parents of preschool and elementary school children are held which are nonchurch-related. The first parent program was for parents of the handicapped, a program which has been offered in various forms for 8 years. Approximately 3 general parent education workshops, 4 church group sponsored workshops, and 21 evening parent study group presentations were made in the past year.

Contents: Depending upon the needs of the group: sexual, physical, psychological, and social development from childhood to adulthood; values clarification; alternate lifestyles; relationships; decision making sexual identity; available resources; and problem solving of special concerns.

Teacher/Staff: Six staff members are qualified to teach the programs.

Target Population: In many cases, pre-existing community groups request programs and are responsible for providing participants. Individuals also suggest workshop themes and when enough interested persons are found, a workshop is held. The programs for parents of the handicapped are often initiated by individual request.

Recruitment Strategies: Recruitment seldom has to be done. Mailings containing lists of programs being offered are sent out periodically. Word-of-mouth publicity recruits a large number of participants.

Types of Materials and Resources Used: Various sex education curricula; the Planned Parenthood pamphlets, "How to Talk to Your Teenager About Something That's Difficult to Talk About" and "So You Don't Want to be a Sex Object" (Rocky Mountain); the movies "Am I Normal?," "Old Enough to Know," "Teenage Mother of Broken Dreams," "Loving Parents," "A Family Talks About Sex," "Different Folks," and "It's OK as Long As It's What You Want" are shown depending on the workshop's focus and participant group. Planned Parenthood Association of Cincinnati, Inc. has a library of over 2,000 books and a film library of over 100 films, in addition to various models, filmstrips, slides, charts, dolls, and puzzles. Occasionally, professionals are invited to speak, particularly in the area of development.

Funding Source: Planned Parenthood funds supplemented by occasional contracts for extended workshops, generally presented in conjunction with other groups with special interests, and nominal tuition fees for some courses.

Evaluation Methods: An evaluation packet has been prepared consisting of numerous evaluation instruments: Pre/posttest attitude inventories, knowledge tests, and participant satisfaction questionnaires have been devised and are utilized at the discretion of the workshop leader depending upon length and nature of the workshop. Verbal evaluations are also occasionally discussed.

SPONSOR: CLEVELAND PROGRAM FOR SEXUAL LEARNING

Name of Program: Parent Education Program - Research Demonstration Project.

Contact Person: Fern Levy, Director of Community Education.

Address: 12429 Cedar Road
Room 26
Cleveland, Ohio 44106

Telephone: (216) 229-9500

Goals: To influence the attitudes and practices of individual families with respect to sexual learning. To prevent pathology around sexuality issues.

Contents: Broad conceptualization of sexuality, communication skills, roleplaying, and exercises are used to increase the awareness of the parent's style of communication.

Teacher/Staff: Fern Levy.

Target Population: Designated demographic areas.

Recruitment Strategies: The staff contacts community leaders, often at day care centers, to obtain sponsors.

Types of Materials and Resources Used: Pamphlets describing the program, handouts appropriate to material covered, and a bibliography of books to be read to young children and to parents; the films "Old Enough to Know" (Seattle Planned Parenthood) and a slide show entitled "The Exploitation of the American Teenager" (Planned Parenthood of Stark County, Ohio) are frequently shown.

Materials Developed: Documentation in a series of articles will be completed in 1982.

Evaluation Methods: Written and oral evaluations are conducted after each presentation to ensure that the program is meeting the needs of parents.

SPONSOR: FAMILY HEALTH ASSOCIATION

A nonprofit family life and health education organization.

Contact Person: Ms. Jan Spencer

Address: Family Health Association
33 Chester Avenue
Cleveland, Ohio 44114

Telephone: (216) 431-7601

Goals: To nurture family life and personal relationships.

Basic Format of the Program: Courses and workshops are offered in family life including sex education. A variety of formats is available. Courses are tailored to the needs of the contracting organization.

Contents: Courses include information on sexuality attitudes, and communication.

Teacher/Staff: The Association employs 6 administrative/recruiting personnel and a staff of 25-30 part-time employees trained by the Association.

Target Population: Families in the greater Cleveland area.

Recruitment Strategies: Participants are drawn from churches, interest groups, hospitals, YMCAs and YWCAs, and neighborhood groups.

Problems Encountered: The largest problem is that of recruitment and, to a lesser extent, the involvement of sponsoring institutions.

Materials Developed: Very few materials used.

Funding Source: United Way.

Evaluation Methods: Parents evaluate the course, as do the agencies sponsoring the course.

SPONSOR: YWCA

Contact Person: Carol Thuesen, Youth Program Director

Address: YWCA
16915 Detroit
Cleveland, Ohio 44107

Telephone: (216) 521-8400

Goals: To provide parents and children (particularly preschoolers) with a feeling of comfort about their own sexuality and the ability to discuss it openly.

Basic Format of the Program: A 4-day summer program for parents with preschoolers and an ongoing program for mothers and daughters in first through sixth grade, with three 1.5 to 3-hour programs.

Contents: The subject matter of the parents of preschoolers program includes one day on discipline, one day on communication, and two days on human sexuality including masturbation and human development. The elementary-age program is entirely on human sexuality and development.

Teacher/Staff: The courses are taught by Ms. Thuesen, a psychologist with training in awareness, communication, values, and assertiveness.

Target Population: Parents with children of any age, teens, and preschoolers.

Recruitment Strategies: Participants are drawn from established youth groups -- schools, police departments, churches, day care centers, nursery schools, brochures in libraries and at the YWCA. Many participants are walk-ins and many hear about the program through word-of-mouth.

Problems Encountered: There are difficulties in making sure teens come on scheduled evenings and in getting parents and children to participate together. Much neighborhood and community pressure is felt, as well as resistance and denial that such courses are needed. Also, the topic of sexuality must often be introduced as a secondary topic and not mentioned in publicity.

Types of Materials and Resources Used: Most materials are obtained through Planned Parenthood.

Funding Source: Speaker fees and donations.

SPONSOR: YWCA, CLEVELAND

Name of Program: Peer Approach - Counseling by Teens (P.A.C.T.), Parent Component

Contact Person: Laurence Khabeer, Coordinator

Address: 3201 Euclid Avenue
Cleveland, Ohio 44115

Telephone: (216) 881-6878

Goals: To increase communication between parents and children, partly by increasing comfort; to give parents accurate factual information; and to reach parents by training their children.

Basic Format of the Program: Once per month, 1.5 to 2 hours. A special topic is discussed at each session. Handouts, films, and discussions are used. Approximate attendance is 15 adults and 15-20 teenagers.

Contents: Teen sexuality; teen pregnancy and unplanned pregnancy; parent-teen communication; and VD, contraception, and values. Major focus is on the first three.

Teacher/Staff: Peer counselors are the leaders and moderators.

Target Population: Parents of teens who are in the peer counseling program and other interested parents.

Recruitment Strategies: Peer counselors are responsible for getting their parents and others to attend. More attend this program than attend other community programs.

Problems Encountered: Topic of sexuality is something people shy away from. Adults think they know enough. They say they are "too busy."

Types of Materials and Resources Used: Films include "Are You Ready For Sex?," "Hope is Not A Method II," "Mark and Susan - Chastity," "Teenage Father," "Teenage Mother," and "Loving Parents." Values Clarification - Handbook of Practical Strategies and Values in Sexuality by Morrison.

Materials Developed: We have modified "Ten Commandments for Parents as Sex Educators" a lot, but it is not really new material. We developed some "what would you do" scenarios to let parents practice how they would respond in various situations.

Funding Source: Cleveland Foundation, some National YWCA.

Evaluation Methods: An Advisory Committee of peer counselors, professionals, and community adults is developing the evaluation.

SPONSOR: MATHTECH, INC. AND COUNCIL ROCK HIGH SCHOOL

Name of Program: Teens and Parents Talking

Contact Person: Konstance McCaffree, Ph.D.

Address: Council Rock High School
Swamp Road
Newtown, Pennsylvania 18940

Telephone: (215) 956-7170

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Twelve hour courses meeting 6 consecutive weeks for 2-hour evening sessions. The course is conducted in both semesters of the school year. It has been offered for 6 years and focuses primarily on the group interaction of parents. A mixture of presentations, exercises, discussions, films, and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, the social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children, and methods of imparting their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Konstance McCaffree, Ph.D. assisted by Health Education Teachers of 11th and 12th graders, all educated specifically in human sexuality.

Target Population: White upper-middle-class, suburban, well-educated parents.

Recruitment Strategies: Letters to parents of students in the 11th and 12th grade Health Education and Human Sexuality classes; advertisement at Back-to-School Night.

Problems Encountered: Parents find it difficult to fit in 12 hours in 6 consecutive weeks.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc. but the teacher usually conducts the course free of charge.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: MATHTECH, INC. AND CHOICE

Name of Program: CHOICE Training Center

Contact Person: Sheila Walker

Address: CHOICE
1501 Cherry Street
Philadelphia, Pennsylvania 19102

Telephone: (215) 567-7392

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: Seven 2-hour sessions. A mixture of presentations, exercises, discussions, films and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, and the social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children, and ways to impart their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Sheila Walker, MHS, and Susan Afriat, MPH (cand.) Both are sexuality education trainers at Choice.

Target Population: Program 1: Inner city Black and White parents of 3-6 year olds.
Program 2: Middle class White parents of 1 month to 6 year olds.

Recruitment Strategies: Program 1: Participants were all parents of children attending the South Philadelphia Pre-School Program. The group was recruited by the staff of the pre-school. Program 2: Participants were recruited by a newsletter and follow-up by staff at the Parenting Program.

Problems Encountered: Program 1: The major problem was that after an initial energetic turnout of about 15 people the group dwindled throughout the program to about 6 consistent people. Program 2: No problems with this group at all except we had insufficient time to do everything they wanted.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: CHOICE

A community health education agency in conjunction with SIECUS.

Name of Program: Parent Learning Center Project

Contact Person: Bill Stackhouse Susan Afriat

Address: SIECUS CHOICE
84 Fifth Avenue, Suite 407 1501 Cherry
New York, New York 10010 Philadelphia, Pennsylvania 19102

Telephone: (215) 969-7100

Goals: To discover what works best in reaching parents; to discover what works best in teaching children about sexuality; to help parents identify their own needs in becoming the sexuality educators of their children; to assist parents in choosing among alternative ways to become the sexuality educators of their children; to provide opportunities for parents to gain knowledge and skills in order to effectively educate their children about sexuality issues; to help parents develop a system or approach of lasting support for themselves in the process of becoming the sexuality educators of their children.

Basic Format of the Program: Format is in development, but should be as follows: incidental learning through the presence of our mobile AV resource unit and an educator; orientation programs where materials are presented and options for future programs are discussed; and follow-up programs according to the stated needs and concerns of the parents.

Teacher/Staff: Bill Stackhouse, Susan Afriat, and CHOICE staff.

Recruitment Strategies: Working through existing community agencies and services.

Problems Encountered: No major problems to date.

Types of Materials and Resources Used: Materials from SIECUS Bibliography and audiovisual materials.

Funding Source: The William Penn. Foundation, Philadelphia, Pennsylvania.

Evaluation Methods: Several methods will be employed at each stage of the project.

Additional Comments of Contact Person: This project is in the early stages of development. We are targeting South Philadelphia for the Project and are establishing a Community Advisory Committee for the Project.

SPONSOR: SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL

The program is conducted through the Pee Dee II Health District's Public Health Education Program. The Pee Dee II Health District is one of the fourteen multi-county health districts of the South Carolina Department of Health and Environmental Control.

Name of Program: SWAT: Reproductive Health Education Series

Contact Person: Lucinda Thomas, M.A. (AASECT), Director

**Address: Public Health Education Program
Pee Dee II Health District Office
Plaza Building
Market Street
Bennettsville, South Carolina 29512**

Telephone: (803) 479-8311

Goals: To reduce infant mortality. The specific objectives of the program are to increase the rate of early prenatal care for teens who become pregnant; to increase awareness and knowledge of reproductive health issues and resources; to reduce the teenage pregnancy rate; to reduce repeated teenage pregnancies; and to delay the onset of teenage pregnancy.

Basic Format of the Program: The reproductive health education program is presented in four basic formats: 1) workshops for inservice education and training; 2) series of classes (usually 8-12 sessions) offered in the schools or to a defined community group; 3) education classes offered in the public health clinics (Maternity, Family Planning, and Infant clinics); and 4) single programs provided to a group on a specific topic. Education in the public health clinics was initiated in 1977 in Family Planning clinics and is offered in all Maternity and Infant clinics in the District. A defined school program with a series of 8-12 classes was initiated in 1979. All educational programs are provided by request with specific consideration given to the following areas in determining priorities in fulfilling the request: target group (age, number of people, etc.), area/group need (occurrence data), cooperation in complying with specific program objectives, and priorities established within the health district.

Contents: The program covers human growth and development; menstruation and fertility awareness; personal hygiene; smoking and reproductive health; nutrition; drugs; alcohol; genetics; environment and reproductive health; venereal disease (prevention, detection, treatment and legal implications); birth control choices (risks, benefits, and legal aspects); health risks of teen pregnancy; childbirth; parenting; rights, responsibilities, and health choices regarding sex; sources of health care; pelvic and breast exam; rape prevention and assertiveness training; child abuse, discipline, and tender loving care; pregnancy alternatives (abortion, adoption, and parenthood); parenting skills; the amazing newborn; and new baby care.

Teacher/Staff: The staff consists of two health educators, one health education assistant, and a nurse/health educator. Support and expertise are obtained as needed from a staff pediatrician, certified nurse midwife, nutritionist(s), clinical social worker(s), and nursing personnel.

Target Population: Teen/adolescent populations, prenatal population, staffs of health service related agencies, parent groups, and groups within the community (church, civic, school, lay, etc.)

Recruitment Strategies: Referrals from individuals, agencies, and the Family Planning-Improved Child Health Advisory Council, and contacts from community and school groups.

Problems Encountered: Sufficient time to provide the necessary content; convenient time for parents to meet; and adequate staff and time to respond to all requests.

Types of Materials and Resources Used: Sample of audiovisuals used: "Inside My Mom," "Woman Child" (March of Dimes); "Human Growth III" (Perennial); "A Family Talks About Sex" (Perennial); "Am I Normal?" (New Day); "Acquaintance Rape Prevention" (National Institutes of Health); "Linda's Film on Menstruation" (Phoenix); "What Happened to Our Time?" (Georgia Department of Human Resources); "VD: Old Bugs, New Problems" (Alfred Higgins Films); "The Choice is Yours" (Department of Health, Education, and Welfare); "VD: Why Do We Still Have It?" (Perennial); "Escape Without Violence" (Perennial); "The Parenting Experience" (Pampers); "Rock A Bye Baby" (Time-Life Films); and "War of the Eggs" (Media Guild).

Funding Source: Initial funding for the education program was through Title XX-Family Planning. The program was expanded when the District received an Improved Child Health Project federal grant in October 1978.

Evaluation Methods: A pre/posttest, which has been shown to be statistically significant at the .000 level of confidence, is administered to all participants. A course evaluation/satisfaction survey is completed by students, parents, and teachers. Testing has been computerized to allow for more in-depth analysis of the data.

SPONSOR: MATHTECH, INC. AND PLANNED PARENTHOOD OF MEMPHIS

Contact Person: Barbara Feibelman, Education Director

Address: Planned Parenthood of Memphis
1407 Union Avenue, 3rd Floor
Memphis, Tennessee 38104

Telephone: (901) 725-1717

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify attitudes concerning sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: 12-hour course meeting for 2-hour sessions in early 1981. A mixture of presentations, exercises, discussions, films, and speakers are employed.

Contents: Parents review their own sex education and consider how their values compare with the current sexual milieu in America. They are taught about basic sexual terminology, normal sexual behavior, physical changes, and social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. If they wish, parents may discuss and ask questions about issues at home such as nudity, sex on television, swearing, privacy, curfew rules, and overt sexual behavior. Parents may discuss their attitudes about gender roles, acceptable sexual behavior at different ages, family planning, and ways to impart their values to their children. They practice listening and communication techniques.

Teacher/Staff: Dorothy Mayes.

Target Population: Inner city parents of 7-11 year olds.

Recruitment Strategies: Parents were recruited through the public school system.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: PLANNED PARENTHOOD CENTER OF MEMPHIS

Name of Program: Parents as Family Life Educators

Contact Person: Ms. Barbara Feibelman, Director of Information and Education

Address: Planned Parenthood Center of Memphis
1407 Union Avenue
Memphis, Tennessee 38104

Telephone: (901) 725-1717

Goals: To increase the skills of parents as Family Life Educators and to encourage community and school cooperation in fostering healthy concepts concerning human development.

Basic Format of the Program: Session lasting 1.5 hours.

Contents: Understanding the psychosexual development of the child, providing basic information concerning reproduction, and practicing effective communication skills.

Teacher/Staff: Babs Feibelman, Director of Information and Education
Barbara Fargo, Education Coordinator.

Target Population: Organizations and schools.

Recruitment Strategies: Contacted Memphis Public Schools to ascertain their interest in providing the program to parents in their school community. Having obtained permission, staff sent out fliers and registration forms explaining the program to parents and encouraging their participation.

Problems Encountered: Limited funds.

Types of Materials and Resources Used: Films which would be appropriate for the child: "Human and Animal Beginnings," "Human Growth III," "In Between." Responsible, caring films: "Boy's Don't Do That," "Adrianne's Man," "What's to Understand," "Wayne's Decision," "Friends of Carl," "Am I Normal?," "Dear Diary." Pamphlets: Sex Education at Home, Growing Up, How to Talk to Teenagers About Something That's Not Easy to Talk About, What Teens Want to Know But Don't Know How to Ask.

Funding Source: No particular funding source.

Evaluation Methods: Evaluation forms are designed to assess whether or not the program has met its objectives.

SPONSOR: PANHANDLE PLANNED PARENTHOOD ASSOCIATION

Name of Program: Parent Sex Education Training Program

Contact Person: Kathy Hazelwood

Address: Panhandle Planned Parenthood Association
604 W. 8th Street
Amarillo, Texas 79101

Telephone: (806) 372-8731

Goals: To provide a training and education experience for parents, future parents, and nonparents who wish to be more aware of issues and dynamics in providing children with effective education about human sexuality.

Basic Format of the Program: The program originated from a 6-week course in conjunction with Amarillo College Community Service Program. Since then, the format has varied from 1-hour presentations to half-day workshops to courses which meet for 2-3 hours six times.

Contents: Depending upon the length of the program, the following topics are discussed: anatomy and physiology, values clarification, self-image, communication skills, sex roles, homosexuality, sexual expression, and issues of adolescent sexuality.

Teacher/Staff: A male and female facilitator team. For the shorter programs, an agency educator usually facilitates. All instructors live in the community and have received specific training.

Target Population: Audiences vary widely. Programs have been held for professionals with the Department of Human Resources, Big Brothers, Big Sisters, Team Resources for Youth, foster parents, church groups, parents of handicapped children, and welfare recipients.

Recruitment Strategies: Word-of-mouth communication. Preformed groups who sponsor the workshop conduct their own recruitment.

Problems Encountered: Generating community interest has been difficult. Partially successful attempts have been made to devise creative and/or innovative advertising techniques.

Types of Materials and Resources Used: The films "Then One Year," "Teenagers Talk: Getting Through Adolescence," and "A Family Talks About Sex" are used. Many other types of teaching techniques involving use of audiovisual aids, attitude surveys, role plays, forced-choice exercises, contraceptive speakers kit, bibliographies, handouts for participants' use outside of the program, and a referral list of other parent assistance programs and agencies.

Funding Source: The majority of funds are allocated from the Education Department budget within the agency.

Evaluation Methods: Pre/posttests are used in some of the workshops. Evaluations to tap satisfaction and obtain suggestions for improvement are distributed at the end of the workshops.

SPONSOR: PLANNED PARENTHOOD OF AUSTIN

Name of Program: Parents as Sex Educators

Contact Person: Steven Schott, M.A.

Address: Planned Parenthood of Austin
1823 East 7th Street
Austin, Texas 78702

Telephone: (512) 477-5846

Goals: 1) To help parents become more comfortable with honest and open communication with their children about sexuality; 2) to review new and reliable information related to human sexuality; 3) to assist parents in sharpening existing communication skills and learning new ones; and 4) to assist parents in an inventory and clarification of their own values and beliefs about human sexuality.

Basic Format of the Program: This 15-hour course meets once per week for 6 weeks. Two model programs have recently been held which will hopefully be offered annually. The first, a Father and Son Workshop, began on a Friday night and ended Saturday afternoon while the second, a Daughter and Mother Workshop, extended from a Friday evening until noon on Sunday.

Contents: Communication skills, adolescent growth and development, the anatomy and physiology of reproduction, adolescent sexual behavior, sexual decision-making, values clarification, relationships, ways people express themselves sexually, self-esteem, and sex roles.

Teacher/Staff: Steven Schott, M.A., Director of Education for Planned Parenthood of Austin and coordinator of the program; Nancy Bond, M.Ed., Staff Health Educator; and Christine Aubrey, M.A., member of the agency's Board of Directors. Additional facilitators are being trained.

Target Population: The primary target population are parents with children of any age. Additional target populations include future parents, persons who teach, counsel, or otherwise work with youth other than their own children, and childfree persons. Group size is limited to 15-20 persons.

Recruitment Strategies: The program is advertised by periodic public service announcements on radio and television, periodic news releases, mass distribution of fliers to schools, churches, human service agencies, parent organizations, and the general public. Word-of-mouth advertising by graduates of the course accounts for at least 20 percent of all registration.

Problems Encountered: Those who have participated in the Parents as Sex Educators program to date have been, in general terms, upper middle-class persons. The problem of broadening the appeal of the program to other socio-economic groups persists. An additional problem remains keeping the current course fee (\$15 for 15 hours) within the reach of interested persons, yet making the program cost effective, or preferably, income generating.

Types of Materials and Resources Used: Trigger films from the Planned Parenthood affiliates: "Kevin," "Mark and Susan," and "Wayne's Decision" as well as the films, "You Can't Mean Not Ever?" and "Teenage Father"; pamphlets such as Sex Education at Home (Planned Parenthood of Syracuse) are distributed. The Planned Parenthood of Austin's library is made available to program participants. Professionals in the field of sex education are occasionally invited to supplement the workshop.

Materials Developed: Ten role-play situations dealing with parent-child communication about sexuality have been developed. Certificates which read: "I Am A Parent Who Is Willing to Talk With My Children About Sex ... Or Anything Else For That Matter" are also available, as are the role play sets, from Planned Parenthood of Austin for minimal costs.

Funding Source: Current registration fee of \$15 per person is approaching the actual costs of the facilitator's time, materials, and overhead. The additional costs are absorbed by the agency's general operating budget.

Evaluation Methods: Pre/posttest attitude measurement is done utilizing simple attitude questionnaires. An end-of-course evaluation is also used. Posttest questionnaires at 6 and 12 months are planned.

SPONSOR: EDUCATION AND CONSULTATION FOR SEXUALITY
Private consultants.

Name of Program: Families Learning About Sexuality

Contact Person: Nikka David, R.N., B.S.N.

Address: Education and Consultation for Sexuality
6420 Richmond
Suite 210
Houston, Texas 77057

Telephone: (713) 780-4530

Goals: To promote increased awareness of normal childhood sexual development; to examine barriers to teaching sexuality to children; and to gain practical knowledge of teaching and learning techniques.

Basic Format of the Program: A 2-day course for parents and teachers of small groups is taught.

Contents: The course includes small group discussions and games on sexuality, mini-lectures on sexual development and barriers to sex education, lunch as a learning experience, facts and knowledge topics, and design and evaluation of teaching/learning experiences.

Teacher/Staff: Ms. David is a nurse, sex educator, and a clinical member in training for International Transactional Analysis Association.

Target Population: Parents and teachers who work with children between the ages of birth and preadolescence. Teachers in private schools, churches, and families are sought.

Recruitment Strategies: Presentations to community members, word of mouth, referrals.

Types of Materials and Resources Used: An agenda of discussions, role playing, and lectures.

Materials Developed: Many games which children and parents can play together to use as teaching and learning tools.

Evaluation Methods: Participants evaluate the session at its conclusion.

SPONSOR: PLANNED PARENTHOOD CENTER OF SAN ANTONIO

Name of Program: Parenting Session

Contact Person: Ginger Dave, Director of Information and Education

Address: Planned Parenthood Center of San Antonio
104 Babcock
San Antonio, Texas 78201

Telephone: (512) 736-2244

Goals: To make parents the primary sex educators of their children by discussing factual information about sexuality, examining value systems and their own attitudes, and developing communication skills.

Basic Format of the Program: One workshop session is given on request.

Contents: The program includes a slide presentation on reproduction and sexuality, values clarification exercises, questionnaires on parents' learning experience, and communication exercises.

Teacher/Staff: Three staff members from the Education Department of the organization.

Target Population: Parents of children in kindergarten through high school.

Recruitment Strategies: The program is advertised through mailings and is often offered to pre-established groups.

Problems Encountered: Lack of interest.

Types of Materials and Resources Used: The pamphlets "Sex Education at Home: A Guide for Parents," "Talking to Preteenagers About Sex," and "Sex Education - Parents' Role"; the films "A Family Talks About Sex," "Teenage Father," and "Are You Ready for Sex?"

Materials Developed: A slide presentation of reproduction and sexuality.

Funding Source: Planned Parenthood Center of San Antonio.

Evaluation Methods: The parents are asked for their evaluation at the conclusion of the course.

SPONSOR: FAMILY SERVICE, INC.

A nonprofit organization, C.W.L.A. member.

Name of Program: Family Life Education

Contact Person: Cathy Bodkin, Executive Director, A.C.S.W.

Address: Family Service, Inc.
116 West Jefferson Street
Charlottesville, Virginia 22901

Telephone: (804) 296-4118

Goals: To help parents feel more comfortable discussing sexuality with their children; to increase comfort of adolescents with sexuality and knowledge regarding physiology and birth control in order to make them better decision makers; to increase father and teenage male involvement in contraceptive education and decision making; and to reduce the incidence of teenage pregnancy.

Basic Format of the Program: The program is conducted in a workshop style, meeting for three or four 1.5-hour sessions. In addition to these workshops, talks to various parent community groups are made about sex education and children. The program began in December 1979. More talks to parents' organizations than workshops are being given at present. Two to four workshops per month are planned.

Contents: Values, decision making, physiology, reproductive anatomy, and communication skills and styles used between adults as well as between adults and children are presented in lecture, discussion, and exercise form.

Teacher/Staff: Kathy Bodkin, Drew Fischer, Theresa Jackson, and Mike Shoen.

Target Population: Parents of children aged 10-14 and parents of high school teenagers.

Recruitment Strategies: Mailings are sent to schools, directors of religious education at churches, neighborhood associations, and special groups such as women's support groups. The programs are advertised in the newspaper and on the radio. The talks given to community groups and particularly to church groups are an excellent recruitment source.

Problems Encountered: Obtaining parent participation, determining the best method for reaching people, finding convenient schedules for parents, and finding funds.

Types of Materials and Resources Used: The films "A Family Talks About Sex" (Perennial), "Am I Normal?," "Are You Ready for Sex?," "Teenage Father," "How to Be a Good Kid," and videotapes of Sol Gordon's talk to high school students in Charlottesville, March 1979 and of the public forum on "Teenage Love and Sexuality," March 25, 1980. Other materials which have been found to be effective include: Values Clarification (Simon, Sidney), A Decision-Making Approach to Sex Education (HEW), You Would If You Loved Me (Gordon, Sol), Peoplemaking (Satir, Virginia), P.E.T. (Gordon, Thomas), The Facts of Love (Comfort, Alex and Jane), Seminars for Parents on Adolescent Sexuality, Choosing Parenthood (Education Development Corporation), What's Happening to Me? (Mayle, Peter), Sex Education for Today's Child (Uslander, Weiss, and Telman), and the theories of Piaget, Kohlberg and Lovinger. The program is able to borrow films through the local Health Department; materials have also been provided by the March of Dimes.

Funding Source: Title X funds from the Bureau of Family Planning and Service Delivery Improvement Research of H.H.S., as well as funds from the United Way.

Evaluation Methods: A pre/posttest questionnaire is administered, inquiring whether the parent has talked to his/her child in the last 6 months about sexuality and whether he/she knows how to go about utilizing available resources. Knowledge about birth control methods is also evaluated. Satisfaction with presentations and exercises and suggestions for improvement are included in the posttest. A thorough research project of parental attitudes is planned over the next 3 years.

SPONSOR: MATHTECH, INC., AND GEORGE MASON HIGH SCHOOL

Contact Person: Mary Lee Tatum

Address: George Mason Senior High
7124 Leesburg Pike
Falls Church, Virginia 22046

Telephone: (703) 241-7620

Goals: To assist parents in their role as the primary sexuality educators of their children. Major program goals: to help parents identify their own sexual attitudes and recall their own education about sexuality; to provide information about the physical, cognitive, moral, and psychosexual development of children; to provide basic sexual terminology and the important facts about human sexuality; to help parents explore sexuality issues within the family and develop ways to handle these issues; to help parents explore their own sexual values; and to teach parents basic communication skills necessary for educating their children about sexuality.

Basic Format of the Program: A 12-hour workshop was offered to parents of students at George Mason High School. A mixture of presentations, exercises, discussions, films, and speakers.

Contents: Parents review their own sex education, explore their feelings about sexuality, and consider how their values compare with the current sexual milieu in America. They are taught about normal sexual behavior, physical changes, the social and emotional needs of children at different ages, puberty, reproduction, developmental sex differences, common myths, normal body variations, contraception, and the probability of becoming pregnant. Parents have the opportunity to discuss and ask questions about issues at home they currently face or anticipate such as nudity, sex on television, swearing, privacy, curfew rules and overt sexual behavior. Parents can discuss their attitudes about gender roles, acceptable sexual behavior at different ages, contraception, sexuality of their children, and ways to impart their values to their children. Parents learn technical sexual terminology. They develop and practice listening and communication techniques, beginning and maintaining conversations about sex, incorporating sex information into everyday conversation, and responding to questions when they don't know the answer or when they are embarrassed.

Teacher/Staff: Mary Lee Tatum, M.A., AASECT-certified sex educator, teacher at George Mason Senior High; Sharon Alexander, Ph.D., Director of Sex Education Project, National Association of State Boards of Education.

Target Population: White, middle-class parents of students in Falls Church.

Recruitment Strategies: The principal sent a letter to parents of children attending the school's sex education course.

Types of Materials and Resources Used: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson).

Materials Developed: Teaching Parents to be the Primary Sexuality Educators of Their Children, Vol. III: Curriculum Guide to Courses for Parents (Alter and Wilson), updated as a result of course experiences.

Funding Source: Mathtech, Inc.

Evaluation Methods: Knowledge Questionnaire, pre/posttest audiotapes of parent/child conversations about sexuality, Course Evaluation Questionnaire, Attitude Questionnaires, and Communication Skills Questionnaire.

SPONSOR: FAMILY SERVICE TRAVELER'S AID AND THE VIRGINIA BEACH HEALTH DEPARTMENT

Name of Program: What Shall We Tell the Children?

Contact Person: Judith Keller

Diane Walker

Address: Family Service/Traveler's Aid
4441 South Boulevard
Virginia Beach, Virginia 23452

Virginia Beach Health Department
Birchwood Office Park, Suite 303
Birchwood Park Drive
Virginia Beach, Virginia 23452

Telephone: (804) 499-2311

Goals: To describe sexuality as a natural, healthy aspect of total personality; to help parents understand and accept their own sexuality; to help parents understand and accept sexuality in children and adolescents; to provide parents with basic information on human growth and development; to help parents understand and accept differences in values, attitudes, and behaviors; to help parents replace myths and misunderstandings about sexuality with accurate, factual information; to help parents develop skills in communicating with children and youth with emphasis on sexual issues; to help parents become aware of the influence that the media has on the development of sexual values and attitudes; to provide parents with information on methods of birth control and venereal disease; to facilitate group support in trying new communication skills learned in the class; and to provide additional resource information.

Basic Format of the Program: The program consists of six 2-hour sessions consisting of large and small group discussions, values clarification exercises, role playing, audio-visual presentations, simulation games, self-assessment, sexual knowledge inventories, journal writings, sharing and contributions of articles and other materials by group members, and out-of-class assignments. This is the parents' part of a two-part program available to the community on sexuality. The corresponding part intended for children is entitled "Especially for You, After School."

Contents: Topics for discussion include: male reproductive system, female reproductive system, menstruation, seminal emissions, masturbation, intercourse, birth control, homosexual behavior, venereal disease, sex roles, petting or making out, nonmarital intercourse, slang terminology, abortion, pornography, legal aspects of sexuality, and alternate life styles.

Teacher/Staff: The course is taught cooperatively by a health educator and a family life educator with counseling experience. Both have graduate training in human sexuality.

Target Population: An attempt is made to appeal to parents in general, with pre-existing community groups such as PTA's and church groups as a focus.

Recruitment Strategies: In cases in which a group such as the PTA sponsors the workshop, it is responsible for recruiting participants. The program has received general media coverage. Fliers, letters to PTA officers, and contact with school nurse and guidance counselors are also used.

Problems Encountered: Recruitment from the general public is difficult. Maximum participation is yielded through existing groups. Approximately 2 years of groundwork in the community was necessary to gain current status and success.

Types of Materials and Resources Used: 1) Films: "Am I' Normal?" (New Day) and "Human Growth III" (Perennial). 2) Booklets: Sex Education At Home, As You Grow Up, Contraception. 3) Leaflets: Menstruation, Body Works. 4) Handcuts: Venereal Disease information sheet, a suggested reading list, and various magazine and journal articles.

Materials Developed: Sentence completion card exercise; communicating with you about sexuality (survey/questionnaire); where did you get your sex education (reflective exercise); what information about sexuality would you like to give your child?; and sexuality in the media (exploration exercise).

Funding Source: A \$20 fee per family is charged for the 6-week course.

Evaluation Methods: Parents evaluate course anonymously and fill out feedback sheets.

SPONSOR: PLANNED PARENTHOOD OF SEATTLE-KING COUNTY

Name of Program: Parents as Sex Educators and Parents Educators' Workshop

Contact Person: Chipper Kolff, Education Department

Address: Planned Parenthood of Seattle-King County
2211 East Madison
Seattle, Washington 98112

Telephone: (206) 447-2365

Goals: Parents as Sex Educators: To improve communication skills; to increase comfort with sexuality; to identify values and information that parents would like their children to learn; and to discover potential problems related to sexuality that parents may have with their children. Parents Educators' Workshop: To review normal sexual development and its impact on parent-child interaction; to clarify realistic objectives for parent sex education programs; to share effective formats, settings, resources, and techniques; and to explore the role of the facilitator in parent education.

Basic Format of the Program: Parent programs are offered in single 2-hour sessions. The Educators' Workshop consists of two full-day sessions.

Contents: Parent Educators' Workshop: Lectures, discussions, values clarification exercises, problem solving, film previewing, demonstration of teaching techniques, and book displays. Parents as Sex Educators: Sexual values for children exercise; identification of situations regarding child's sexuality which are difficult for parent to handle; information provided on normal growth and development, and resources (books, handouts); discussion of the film, "A Family Talks About Sex," "Old Enough to Know," or "Loving Parents; identification of one action parents can take or one concept learned during the session which could increase communication with their children on sexuality.

Teacher/Staff: Toni Clark, Ph.D., Sexuality Educator and Therapist, Adolescent Clinic, University of Washington.

Chipper Kolff, MA in teaching, Family Planning Educator, Planned Parenthood of Seattle-King County.

Mary Wegmann, MA, Sexuality Instructor and Parent Educator, Family Life Education, Peninsula Community College, Port Angeles, Washington.

Lee Minto, Executive Director, Planned Parenthood of Seattle-King County.

Jane Adams, author of Sex and the Single Parent.

Jan Loreen, Education Coordinator, Planned Parenthood of Seattle-King County.

Julie Taylor, Education Director, Planned Parenthood of Snohomish County.

Kathy Hanawell, Education Director, Planned Parenthood of Whatcom County.

Elaine Smith, Parent Educator, North Seattle Community College.

Maud Adams, Instructor, Family Life Department, Green River Community College.

Bobbie Hanson, Human Sexuality Educator.

Ralph Mero, Manager of Educational Services, Planned Parenthood of Seattle-King County.

Target Population: Parent Educators' Workshops are aimed at educators, parent educators, and others who lead parent groups. Parents as Sex Educators are aimed at parents of Seattle-King County, Washington.

Types of Materials and Resources Used: Brochures describing the workshop; an annotated bibliography for the sexuality educator, parents, and children of various ages; values clarification exercises (masturbation, parent's past, etc.); charts on major tasks and stages in sexual development; communication of values exercise (for parents); birds and bees exercise; sexual autobiographies (for parents); and attitude questionnaires.

Funding Source: Grant from the Bureau of Community Health Services, Public Health Service, DHEW to Planned Parenthood of Seattle-King County.

Evaluation Methods: Forms are distributed at the end of the session(s) for participants to rate various aspects of the presentations and the program overall.

SPONSOR: PLANNED PARENTHOOD ASSOCIATION OF DODGE-JEFFERSON COUNTIES

Name of Program: How Do I Talk With My Child About Sex?

Contact Person: Sherrie Lyden and Sherry Hackbarth

Address: Planned Parenthood of Dodge-Jefferson Counties
159 West Garland Street 138 Front Street
Jefferson, Wisconsin 53549 Beaver Dam, Wisconsin 53916

Telephone: (414) 674-2233

Goals: Parent Sexuality Education Program: To increase parents' knowledge, communication skills, and comfort level on the topic of sexuality education for their children.

Workshops for Facilitators: To train sponsors in offering similar parent programs and to include advice about format, content, advertising, and obtaining co-sponsors.

Basic Format of the Program: The Parent Sexuality Education Program is given in a series of four 2-hour evening sessions. The program is offered approximately five times each year.

Contents: Communication skills, attitudes and values, knowledge of sexuality, terminology, anatomy, and physiology.

Teacher/Staff: Trained staff teach the parents' series.

Target Population: Parents of children of any age.

Recruitment Strategies: Advertising is done through posters, newspaper and radio ads, and in-house publications.

Types of Materials and Resources Used: Mimeographed surveys and information sheets, the film "A Family Talks About Sex," and a take-home packet including 22 pamphlets. Workshops use the manual Sexuality Education for Parents.

Evaluation Methods: Questionnaires are distributed after each session.

SPONSOR: ARCHDIOCESE OF MILWAUKEE - OFFICE OF RELIGIOUS EDUCATION

Name of Program: Valuing Your Sexuality

Address: 345 North Ninety Fifth Street
P. O. Box 2018
Milwaukee, Wisconsin

Telephone: (414) 476-2101

Goals: To prepare parents to deepen their discussions with their children on sexuality. Parishioners are trained to lead the discussion.

Basic Format of the Program: The training program consists of 12 hours of seminars.

Contents: The program covers the leader's role as a facilitator, instruction in the process of the course, and methods of preparing parishioners to participate in the program. The program uses presentations, audiovisual materials, group dynamics, and training in program materials.

Teacher/Staff: Mrs. Raejion Kanter, Associate in Youth Religious Education and Rev. William Kohler, Adult Education Consultant for Scripture and Theology Studies.

Target Population: The parishioners of the Archdioceses of Milwaukee.

Funding Source: Tuition is charged.

SPONSOR: 16TH STREET COMMUNITY HEALTH CENTER

Name of Program: Adult Classes

Contact Person: Jean M. Berens

Address: 16th Street Community Health Center
1036 South 16th Street
Milwaukee, Wisconsin 53204

Telephone: (414) 672-1353

Goals: To offer parents the information and communication techniques needed to teach their children about sexuality.

Basic Format of the Program: The complete workshop is comprised of six sessions, but has not yet been held. However, mini-versions of one or more sessions are available. All sessions are approximately 1.5 hours long.

Contents: Knowledge of anatomy and fertility; attitudes toward sexuality including major concerns, expectations, definitions, examples, and childhood memories; and communication skills, practiced through small group discussions and role plays.

Teacher/Staff: Jean M. Berens, the human sexuality educator at the Center.

Target Population: Parents of all ages.

Recruitment Strategies: Pre-existing community groups who are contacted by the Center request the type of presentation they feel is suitable to their needs.

Problems Encountered: Obtaining participants is problematic, due in large part to lack of support from the organization itself for the program. Insufficient resources remains a continual stumbling block.

Types of Materials and Resources Used: The film "A Family Talks About Sex," various exercises entitled "Facts and Values," "Parts of the Body," "Media Imagery," "Observations," "Childhood Memories," "Role Plays," and lists of available information and bibliographies.

Funding Source: The United Way provides funding.

Evaluation Methods: An evaluation entailing measurement of satisfaction with content and presentation was designed for the six-session workshop to be administered at the end of the program and followed several months later by a questionnaire to determine longer-term effects of the workshop. The shorter versions of the workshop do not currently use any evaluation method.

APPENDIX: PROGRAM AND PARTICIPANT CHARACTERISTICS

State	Site	Page No.	Parents of Children Aged					Program Setting			Participants' Race				Religious Affiliation	
			0-2	3-6	7-11	12-15	16-18	Urban	Suburban	Rural	White	Black	W/B	Hispanic	Yes	No
AL	Tuskegee: Area Health Education Center, Inc.	8	X	X	X	X	X	X	X	X	X					X
AR	Phoenix: Youth Service Bureau	10			X	X		X			X			X		X
CA	Anaheim: Warrick	11			X	X	X	X	X		X					X
	Berkeley: Peralta School	12		X	X			X			X	X		X		X
	Beverly Hills: Seminars on Sexuality	14	X	X	X	X	X	X			X	X				X
	Citrus Heights: Mathtech and Threshold	15				X			X		X				X	
	Fresno: Planned Parenthood	17			X	X		X	X		X	X	X	X		X
	Huntington Beach: Diocese of Orange	19	X	X	X	X	X	X	X			X			X	
	Monterey: Planned Parenthood	20	X	X	X	X	X	X	X		X			X		X
	Newport Beach: Watson	21		X	X	X	X	X			X					X
	Sacramento: Planned Parenthood	22	X	X	X	X	X	X	X		X	X		X		X
	San Diego: State University	23	X	X	X			X	X		X	X		X		X
	San Francisco: Family Life Ed. Training (Disabled)	25		X	X	X	X	X	X		X	X		X		X
	San Francisco: Planned Parenthood	27				X	X	X	X		X			X		X
	San Jose: Planned Parenthood	28			X	X	X	X	X		X	X		X		X
	San Jose: Women's Community Clinic	30		X	X	X		X			X	X		X		X
	San Luis Obispo: County Health Dept.	32				X	X	X								X
	San Rafael: Planned Parenthood	34		X	X	X	X	X	X		X					X
	Santa Ana: Coalition Adolescent Pregnancy	35		X	X	X	X	X	X							X

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			0-2	3-6	7-11	12-15	16-18	Urban	Suburban	Rural	White	Black	W/B	Hispanic	Yes	No
CA	Stanford and Palo Alto: Levinson & Stanford Univ.	36	X	X	X	X	X	X	X		X				X	
Canada	Toronto: Family Planning Services	37			X	X		X			X					X
CO	Denver: Project RAM	38			X	X		X			X	X		X		X
	Denver: Planned Parenthood	40	X	X	X	X	X	X	X	X	X	X		X		X
	Fort Collins: Larimer Co. Health Dept.	42		X	X	X	X	X		X	X			X		X
CN	Farmington: Univ. of Connecticut Health Center	44	X	X	X	X	X	X	X	X	X	X	X	X		X
	Greenwich: High School	46				X	X	X	X		X					X
DE	Wilmington: ARC	48				X	X	X			X	X				X
FL	Orlando: Parent Resource Center	49	X	X	X	X	X	X	X	X	X	X	X	X		X
GA	Augusta: Planned Parenthood	50			X	X	X	X	X	X	X	X				X
IL	Champaign: Planned Parenthood	52		X	X	X	X	X	X		X					X
IN	Gary: Listening, Inc.	53	X	X	X	X	X	X	X	X	X	X	X	X		X
	Indianapolis: Social Health Association	54	X	X	X	X	X	X	X	X	X	X				X
IA	Des Moines: Iowa State University	56	X	X		X	X	X	X		X					X
	Des Moines: Planned Parenthood	58			X	X	X	X	X	X	X					X
	Des Moines: YMCA	59	X		X	X		X			X					X
LA	Shreveport: MATNTECH and Dept. Health & Human Res.	60				X				X		X				X
MD	Adelphi: Fitz-Ceralds	62			X	X	X	X	X		X	X				X
	Bethesda: Mathtech, Inc.	63		X				X				X	X			X

State	Site	Page No.	Parents of Children Aged					Program Setting			Participants' Race				Religious Affiliation	
			0-2	3-6	7-11	12-15	16-18	Urban	Suburban	Rural	White	Black	W/B	Hispanic	Yes	No
MD	Bethesda and Kensington: Montgomery Co. Health Dept.	65			X	X			X		X					X
	Rockville: Mathtech and Psychiatric Institute	66				X			X		X					X
	Towson: Norbel School	68			X	X			X		X					X
MA	Abington: Health Care of Southeastern Massachusetts	70				X	X	X	X		X					X
	Boston: Exodus Center	72	X	X	X	X	X	X			X					X
	Holyoke & Amherst: Holyoke Hospital Fam. Plan. Clinic	73				X	X	X	X		X					X
	Newton: EDC	74				X	X	X			X					X
MI	Allendale: Lundy	75				X	X	X	X	X	X	X		X	X	
	Grand Rapids: Planned Parenthood	77		X	X	X	X	X	X		X					X
	Royal Oak: St. John's United Methodist Church	78				X	X	X			X				X	
MN	Burnsville: Terrell	80	X	X	X	X	X	X			X					X
	Minneapolis: Midwest Health Center for Women	82		X	X	X	X	X			X					X
	St. Paul: Archdiocese	83				X	X	X			X				X	
	St. Paul: Peer Education Health Resources	85				X	X		X		X					X
MO	St. Joseph: Family Guidance Center	86			X	X	X	X	X	X	X					X
	St. Louis: Planned Parenthood	88	X	X	X	X	X	X			X	X				X
MT	Missoula: Metamorphosis	89		X	X	X		X	X	X	X					X
NH	Littleton: Ammonoosuc Family Planning Program	90		X						X	X					X
NY	Albany: Capital District Council Human Sexual...	92	X	X	X	X	X	X	X		X	X				X

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			0-2	3-6	7-11	12-15	16-18	Urban	Suburban	Rural	White	Black	W/B	Hispanic	Yes	No
NY	Brooklyn: New York City Board of Education	94			X	X	X	X			X	X		X		X
	Jamaica: Planned Parenthood	96		X	X	X	X	X			X	X		X		X
	New York: Blue Cross Blue Shield	97	X	X	X	X	X	X			X	X				X
	New York: Maternity, Infant Care	98			X	X		X			X	X		X		X
	New York: Mathtech & Cen. Population & Fam. Health	100				X		X						X		X
	New York: Parenting Center	102		X	X	X	X	X			X				X	
	Rochester: Planned Parenthood	103	X	X	X	X	X	X	X		X	X	X	X		X
	Spencerport: Mathtech and St. John's Parish	105			X					X	X				X	
	Spencerport: Rev. Kawiak and Susan Sullivan	107	X	X	X	X	X			X	X				X	
NC	Syracuse: Community Sex Education Center	109		X	X			X	X		X	X				X
	Raleigh: Fleming Center	110				X	X	X			X					X
OH	Cincinnati: Planned Parenthood	111		X	X	X	X	X	X		X	X				X
	Cleveland: Program for Sexual Learning	113	X	X				X			X	X		X		X
	Cleveland: Family Health Association	114	X	X	X	X	X	X	X		X					X
	Cleveland: YWCA	115		X	X	X	X	X			X					X
	Cleveland: YWCA, Cleveland	116	X	X	X	X	X	X			X					X
PA	Newtown: Mathtech and Council Rock High School	117					X		X		X					X
	Philadelphia: Mathtech and CHOICE	119	X	X				X			X	X				X

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			0-2	3-6	7-11	12-15	16-18	Urban	Suburban	Rural	White	Black	W/B	Hispanic	Yes	No
PA	Philadelphia: CHOICE	121	X	X	X											
SC	Bennettsville: Dept. of Health Environment Control	122	X	X	X	X	X	X			X	X		X		X
TN	Memphis: Mathtech and Planned Parenthood	124			X					X	X	X				X
	Memphis: Planned Parenthood	125			X	X	X	X				X				X
TX	Amrillo: Planned Parenthood	126		X	X	X	X	X			X	X				X
	Austin: Planned Parenthood	128		X	X	X	X	X			X					X
	Houston: Education and Consultation Sexuality	130	X	X	X			X			X					X
	San Antonio: Planned Parenthood	131		X	X	X	X	X			X					X
VA	Charlottesville: Family Service	132			X	X	X	X			X			X		X
	Falls Church: Mathtech & George Mason High School	134				X	X		X		X					X
	Virginia Beach: Family Service Traveler's Aid	136		X	X	X	X	X	X		X					X
WA	Seattle: Planned Parenthood	138		X	X	X	X	X	X	X	X	X				X
WI	Jefferson and Beaver Dam: Planned Parenthood	140	X	X	X	X	X	X	X	X	X					X
	Milwaukee: Archdiocese	141		X	X	X	X	X			X					X
	Milwaukee: Sixteenth Street Community Center	142	X	X	X	X	X	X			X				X	
											X	X				X

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